

Seasonal Eating
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Sweet Potatoes for Your Sweetie
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February is national sweet potato month. So instead of chocolates, maybe you should woo your sweetie with sweet potatoes! Maybe not—but sweet potatoes are packed full of good things and taste deliciously sweet and hearty for a cold and dreary month.

Sweet potatoes are an excellent source of vitamins A and C and a good source of fiber, potassium and vitamin B6. The skin contains a lot of the fiber so eating the skin on a baked sweet potato will increase the fiber content.

Be sure not to store your sweet potatoes in the refrigerator as it will turn the sugars to starch and give them a bitter flavor. Just store in a cool, dark place, up to 3-5 weeks. Wash them, using a brush to remove dirt, before using. You can cook them with the skin on or peel it off, depending on the end use.



Sweet potatoes can be baked, roasted, broiled, boiled, mashed, pan sauteed or fried. They are extremely versatile from hash browns for breakfast to fries or a baked potato for lunch to mashed sweet potatoes for dinner.

One of my favorite ways to eat sweet potatoes is roasting them. This is an easy preparation and the inside gets creamy and soft while the outside gets some crispier bits on it. You can use just a little oil, salt and pepper or there are many ways to flavor roasted potatoes, from molasses to Baharat seasoning to honey. The recipe below is a two step roasting. The first few minutes are with the spices and balsamic vinegar. The second roasting is with a honey and balsamic glaze. This way the honey doesn't burn as it would if you added it at the beginning. It will get dark and caramelized on the outside making a deliciously crispy and flavorful potato bite.

So for your special Valentine dinner, or any weeknight dinner, chop up a sweet potato and give it a roast. For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Balsamic Honey Roasted Sweet Potato

- 1 sweet potato, peeled and diced into 1/2" pieces
- 1 tablespoon olive oil
- 1 tablespoon + 2 teaspoons balsamic vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground allspice
- 2 tablespoons honey

In a medium bowl, toss together the diced sweet potato, olive oil, 2 tablespoons of the balsamic vinegar, salt, pepper, coriander and allspice. Spread into a single layer on a parchment lined baking sheet. Roast at 400 de-

grees for 20 minutes or until potatoes are tender when poked with a fork. Meanwhile, in same bowl, whisk together honey and remaining 2 teaspoons balsamic vinegar. After the 20 minutes or so, remove the sweet potatoes from the oven and toss into the bowl with the honey mixture. Stir to coat and then return to baking sheet. Continue roasting until potatoes are tender and glaze is bubbling and caramelized but not burnt, about 10-12 minutes, checking and stirring at 5 minutes and every few minutes after that.