



*Simple,
Seasonal,
Sustainable*

Recipe of the Week
Sweet Potato Patties

Ingredients:

- 3 sweet potatoes
- 1 cup bread crumbs (crushed)
- 1 tablespoon vegetable oil

Directions:

1. Wash the sweet potatoes
2. Bake the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the bread crumbs on a cutting board with a rolling pin or jar.
6. Put the crushed bread crumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.
9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides in the oil.

Serves 6

150 Calories, 4 g Fat, 0 g Sat. Fat, 170 mg

Sodium, 26 g Carbohydrates, 3 g Fiber,

3 g Protein

Source: *What's Cooking? USDA Mixing Bowl*

Note: For variety, add some finely chopped apple.

