



# Local sweet potato

Availability:  
october to may

## Benefits

→ Because there are so many ways to enjoy them!

This root vegetable is tropical in origin and can be prepared in a thousand different ways. Whether baked in a cake with cinnamon or cut up and fried with a bit of salt, sweet potatoes never cease to amaze!

→ Sweet potatoes pass with flying colours!

More than just an orange-coloured root, sweet potatoes come in nearly 500 different varieties: there are white ones, yellow ones and even purple ones! They add colour to any dish.



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Mini pitas stuffed with sweet potato and salmon



PORTIONS: 20 APPETIZERS

15 MIN

### Ingredients

- 1 sweet potato, grated (about 500 ml or 2 cups)
- 2 celery stems, cubed
- 60 ml (¼ cup) onion, finely chopped
- 150 g (1 can) salmon (skinless, boneless), drained
- 60 ml (¼ cup) coriander, chopped
- 60 ml (¼ cup) plain Greek yogurt
- 30 ml (2 tbsp) mayonnaise
- 15 ml (1 tbsp) water or lemon juice
- Zest of a half lemon
- 1 glove garlic, finely chopped
- Salt and pepper to taste
- 20 mini pitas

### Directions

- 1 In a large bowl, mix together the yogurt, mayonnaise, water or lemon juice, lemon zest and garlic.
- 2 Add the remaining ingredients and mix to combine.
- 3 Season to taste.
- 4 Top each mini pita with 30 ml (2 tbsp) of this mixture.

### Variation

You can also use this mixture to stuff cucumbers or other types of bread (ex.: tortillas). It also makes a good salad meal.

Source: Julie Strecko, RD

## Lentil and sweet potato shepherd's pie



PORTIONS: 4 TO 6

20 MIN 40 MIN

### Ingredients

- 3 sweet potatoes
- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, finely chopped
- 1 onion, chopped
- ½ pepper, cubed
- 2 carrots, cubed
- 500 ml (2 cups) lentils, drained
- 75 ml (⅓ cup) vegetable broth
- 5 ml (1 tsp) curry powder
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground pepper
- Salt and paprika to taste

### Directions

- 1 Preheat oven to 180°C (350°F).
- 2 Boil the sweet potatoes and then purée them.
- 3 In a pan, sauté the onion, garlic, pepper and carrots in the oil for about 3 min.
- 4 Add the lentils, vegetable broth and spices. Mix well. Bring to a boil, then lower the heat and simmer 7 to 8 min, stirring occasionally.
- 5 Transfer the lentil mixture to an oven-proof square baking pan. Top with the sweet potato purée. Sprinkle with paprika and bake in the oven for 30 min.
- 6 Serve with a green salad or steamed broccoli.

Source: Saveurs et plaisir dans votre assiette! Recipes and tips from Department of Nutrition graduates at the Université de Montréal, 2006.

### Tip!

- The skin of sweet potatoes is edible, so you don't need to peel them. Simply clean them well under running water with a brush. Note that sweet potatoes will keep for only 7 to 10 days when stored in a cool, dark place. Never store raw sweet potatoes in the fridge, as their flesh will harden!

