

# An Unusual Culinary Column: Some Fun Sweet Potato Recipes

By Karen Kain

I have a funny relationship with sweet potatoes. As a child I was raised eating regular potatoes, which were a big staple in my diet. I have had a bit of a struggle with the sweet variety simply because they are sweet. I love sweet potato fries and on occasion, a sweet potato dish at Thanksgiving, but that is about it. When I came across these recipes I thought that they looked fun and wanted to give them another try. My husband is not a fan either but we both enjoyed these recipes and I would make each of them again.

There are more than a few good reasons to eat sweet potatoes; they are high in beta carotene and vitamins A, E and C. They are healthy, fat free and cholesterol free. They are full of antioxidants and help to prevent heart disease and cancer. They boost the immune system and are said to slow the signs of aging by promoting good vision and healthy skin. Sweet potatoes have been recently labeled as an "anti-diabetic" food. They are considered to be a super food and they taste great.

There are also some fun facts about sweet potatoes. George Washington developed 118 products using sweet potatoes; a few include glue for postage stamps and starch for sizing cotton fabrics. North Carolina is the leading producer of sweet potatoes in the United States.

I had fun cooking with the Alexia Sweet Potatoes puffs. The Sweet Potato BBQ Chicken Pizza was really tasty. The pizza was not too sweet and as I was eating it I thought that regular potato tots would also work for this recipe keeping the pizza gluten free.

If you have been reading my column for any time you know how much I love to add some kind of Mexican twist on every dish, this is no different. Although I was highly skeptical before I made this Sweet Potato Chorizo Nachos recipe, I am happy to report that I loved it! The sweet potatoes are gluten free which may be important for a few of you. I really enjoyed this meal and the combination of ingredients totally work together. This was a great snack that was eaten up pretty darn quickly.

I love making quiche. I make it often usually using the left overs in my fridge. I am not sure why Americans don't eat more quiche? It is easy to make and can be eaten hot and it is also great

when served cold. For those of you who are staying away from gluten I think this sweet potato crust is a great substitute for a flour crust. This is just one way to enjoy sweet potatoes but I think that many, many different versions could be made from these recipes.

Have a great month folks and thank you so much for all of your comments and recipe ideas.

## Sweet Potato BBQ Chicken Pizza

### Ingredients:

- 1 20 Ounce bag of Alexia Sweet Potatoes Puffs
- ½ Red onion, thinly sliced
- 2 Tablespoons coconut oil
- 3 Chicken thighs or 1 large breast, chopped
- Salt & pepper to taste
- ½ Cup feta cheese
- ½ Cup BBQ sauce
- 1 Avocado, diced

### Directions:

Preheat the oven to 425° F. Pour a bag of Alexia Sweet Potato Puffs onto a pizza pan and bake for 10 minutes. While the sweet potatoes are cooking heat up the coconut oil in a large skillet and sauté the onions and chicken until the chicken is almost done and the onions are soft. Once you have cooked the potatoes for 10 minutes smash them with a spatula making the crust. Pour the BBQ sauce over the potatoes making a thin layer of sauce. Top with the chicken, onion and sprinkle with feta cheese. Bake at 400° for 20-25 minutes.

## Sweet Potato Chorizo Nachos

### Ingredients:

- 1 20 Ounce bag of Alexia Sweet Potato Puffs
- 1 9 Ounce package of chorizo, pork or vegan
- 1 Avocado, diced
- ¼ Cup cilantro leaves
- 3 Green onions, chopped
- ½ Cup of black beans
- ½ Cup fresh corn
- Jalapeno slices, to taste
- ½ Cup diced tomatoes

### Directions:

Cook the potatoes as per the directions on the package. In a large skillet cook the chorizo. In a separate pan heat up the beans and corn together until heated through. Layer the potatoes, chorizo, beans and corn on top of each other on a large plate and then sprinkle with the remaining ingredients and serve.

## Sweet Potato Quiche

### Ingredients:

- 2 Sweet potatoes, depending on size
- Oil to grease the pan, or cooking spray
- 2 Tablespoons coconut oil
- ½ Red onion
- Salt & pepper to taste
- 8 Ounces of fresh spinach
- 5 Large eggs
- ½ Cup milk
- Dash of cayenne pepper
- ¾ Cup feta cheese

### Directions:

Peel then slice the sweet potatoes into thin slices, a mandolin slicer works great for this recipe but I used a sharp knife. Grease a pie pan then lay the sweet potatoes into the pan with the edges overlapping to make a thin crust. Cut the slices in half to make the edges. Coat



the sweet potatoes with cooking oil and bake at 375° F. for 30-40 minutes. The required time will depend on the thickness of your slices. While the crust is baking slice the onion as thin as you can and heat up the coconut oil then sauté the onions on medium for about 10 minutes. Add the spinach, salt & pepper, cooking until the spinach wilts. Add the spinach mixture to the pie. Beat the eggs and milk, salt, pepper, and cayenne pepper together then pour into the pie. Gently top with the feta cheese and bake for about 40 minutes, or until the egg is fully cooked in the middle.

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