

Illinois Extension



Sweet Potato Bread

(serves 15, 1 slice per serving)

For something different from banana or pumpkin bread, try using sweet potatoes.

Ingredients

2 cups all-purpose flour (Tip 1)
1/3 cup ground flaxseed (Tip 2)
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
2 oz. fat-free cream cheese, softened
3 Tbsp trans fat free margarine, softened
1/2 cup packed brown sugar
1/4 cup honey
1 large egg
1 large egg white
1 cup cooked, mashed sweet potato



Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Coat an 8 X 4-inch loaf pan with non-stick spray.
4. Combine flour, flaxseed, baking powder, baking soda, and salt in a large bowl.
5. In a separate bowl, beat cream cheese, margarine, brown sugar, honey, egg, egg white, and sweet potato until combined. Stir in flour mixture, just until moist.
6. Spoon batter into greased loaf pan. Bake for 50 minutes or until a wooden pick inserted in center comes out clean.
7. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.
8. To freeze bread for up to 1 month, place in an airtight container, or wrap in heavy-duty plastic wrap or foil.

Tip 1: Use 1 cup whole-wheat flour and 1 cup all-purpose flour for added fiber.

Tip 2: To grind whole flaxseed, place flaxseed in a clean coffee grinder or blender. Process until coarsely ground and measure out 1/3 cup.

Nutrition Facts per serving: 160 calories, 3.5g fat, 180mg sodium, 28g carbohydrate, 2g fiber, 4g protein

Recipe from: Illinois Extension, Meals for a Healthy Heart

The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at go.illinois.edu/dmp or find us on Facebook or Twitter @uie_DMP

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Roasted Root Vegetables

(serves 4)

Serve with your favorite protein, such as pork chops or a fried egg.

Ingredients

1 medium potato
1 medium sweet potato
1 beet
1 turnip
2 carrots
1 medium yellow onion
2 Tbsp vegetable oil
3 Tbsp parmesan cheese
1/4 tsp salt
1/4 tsp pepper



Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Gently rub vegetables under cool running water and peel. (You can leave skin on potato and sweet potato for extra fiber!)
4. Cut all vegetables into large chunks and place into a large mixing bowl.
5. Pour oil, cheese, salt, and pepper on top of vegetables; stir to combine.
6. Place vegetables on a large baking sheet and bake until tender, around 1 hour.

Nutrition Facts per serving: 180 calories, 9g fat, 290mg sodium, 23g carbohydrate, 4g fiber, 5g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension

Illinois Extension



Sweet Potato Casserole

(serves 12)

No reason to save Sweet Potato Casserole for the holidays. Enjoy anytime!

Ingredients

6 medium sweet potatoes
1/2 cup sugar
2 eggs
1 tsp vanilla extract
1/3 cup nonfat milk
1/2 cup butter, softened
1/3 cup firmly packed brown sugar
1/3 cup pecans, chopped (optional)
2 Tbsp all-purpose flour
2 Tbsp butter



Directions

1. Wash hands with soap and water.
2. Gently rub sweet potatoes under cool running water.
3. Cook sweet potatoes in boiling water 45 minutes to 1 hour or until tender.
4. Preheat oven to 350°F.
5. Wash hands with soap and water.
6. Let cool to touch, then peel and mash.
7. Combine sweet potatoes, sugar, eggs, vanilla, milk and 1/2 cup butter.
8. Beat at medium speed with electric mixer until smooth.
9. Spoon into lightly greased 12x8x2 inch casserole dish.
10. In a separate bowl, combine brown sugar, pecans, flour and 2 Tbsp butter.
11. Sprinkle mixture over casserole.
12. Bake for 30 minutes.

Nutrition Facts per serving: 240 calories, 13g fat, 55mg sodium, 29g carbohydrate, 2g fiber, 3g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension

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Sweet Potato Pie Filling

(serves 8)

Using sugar substitutes helps keep this dessert lower in carbohydrates.

Ingredients

6 packets sugar substitute
1/4 cup brown sugar
1/2 tsp salt
1/4 tsp nutmeg
3 large eggs
1/4 cup evaporated skim milk
1 tsp vanilla extract
3 cups cooked, mashed sweet potatoes



Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Combine sugars, salt, nutmeg, and eggs.
4. Add milk and vanilla. Stir.
5. Add sweet potatoes. Mix well.
6. Pour into glass pie pan or pie shell.
7. Bake for 40-50 minutes, until knife inserted comes out clean.

Nutrition Facts per serving: 120 calories, 2g fat, 190mg sodium, 22g carbohydrate, 2g fiber, 4g protein

Recipe by: University of Illinois Extension, Recipes for Diabetes website

Illinois Extension



Tiger Fries

(serves 4)

Try this easy summertime side with burgers and a green salad.

Ingredients

1 medium white potato
1 medium sweet potato
2 Tbsp cooking oil
1/2 tsp ground black pepper



Directions

1. Preheat oven to 425°F.
2. Wash hands with soap and water.
3. Gently rub potatoes under cool running water. Cut into 1/2 inch thick strips with skins kept on.
4. Place potatoes in bowl covered with water. Soak 10 minutes. Drain water and pat potatoes dry with a clean paper towel.
5. Toss potatoes with oil and pepper. Place on baking sheet in single layer. Bake 30 to 40 minutes, turning occasionally, or until cooked and crisp.

Nutrition Facts per serving: 70 calories, 5g fat, 160mg sodium, 4g carbohydrate, 0g fiber, 3g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension