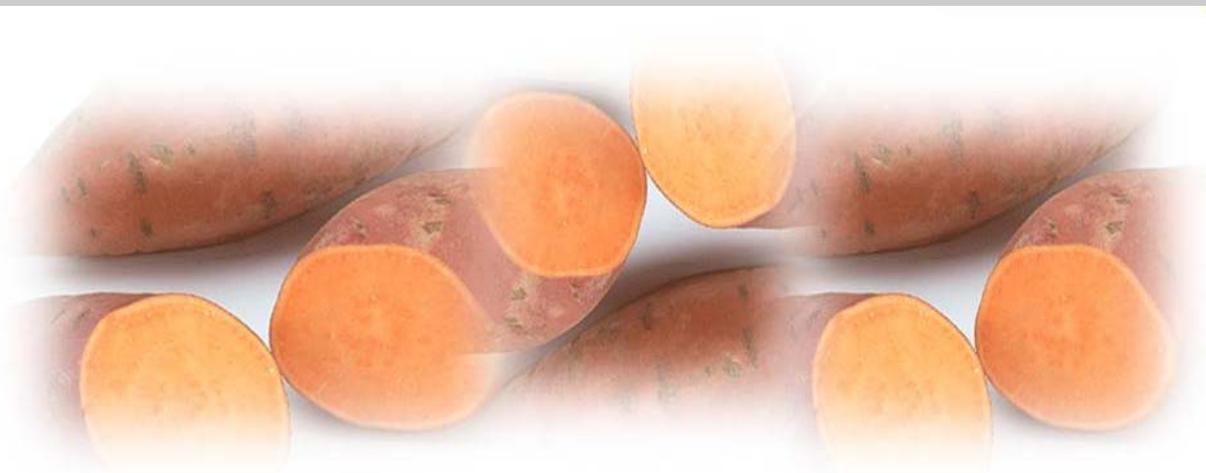




# From the Farm to Your Table

## Sweet Potatoes Are Great Boiled, Baked, or Steamed



### Sweet Potato Biscuits

#### Ingredients

1&1/4 cups all-purpose flour  
2 heaping tablespoons sugar  
4 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup mashed cooked sweet potatoes  
1/4 cup (1/2 stick) softened butter  
2 to 4 tablespoons milk (depending on the moisture of the potatoes)

#### Directions

Preheat oven to 450 degrees F.

Sift together flour, sugar, baking powder and salt. In separate large bowl, mix the sweet potatoes and butter. Add the flour mixture to the potato mixture and mix to make a soft dough. Then add milk a tablespoon at a time to mixture and continue to cut in. Turn the dough out onto a floured board and toss lightly until the outside of the dough looks smooth. Roll the dough out to 1/2-inch thick and cut with a biscuit cutter. Place biscuits on a greased pan and coat tops with melted butter. Bake for about 15 minutes. (If the biscuits are browning too fast, lower the oven temperature.)

**SWEET POTATOES ARE A GOOD SOURCE** of vitamins A, B<sub>6</sub>, and C, as well as manganese, copper, iron, and fiber when eaten with the skin on. Sweet potatoes contain folate, a B vitamin that's essential for cell growth and reproduction.

Sweet potatoes may be baked, boiled, steamed, or

micro-waved. They can be used in soups or in baked goods, such as sweet potato bread.

For additional flavor, cinnamon, brown sugar, grated lemon, vanilla, orange rind, raisins, drained canned pineapple, or nuts can be added.

*Source for recipe:*  
[www.foodnetwork.com/recipes](http://www.foodnetwork.com/recipes)