

SWEET POTATOES, FULLY



THE COOKFUL

Edited by Christine Pittman and Lyndsay Burginger

Sweet Potatoes, Fully

Well, we're definitely in the holiday season now. We wanted to get into the spirit and really celebrate this joyous time of year. What better way to do it than to focus on a Fall veggie that we all love: Sweet Potatoes!

In this eBook we're bringing you all kinds of sweet potato bliss. There are tons of recipes, from Classic Sweet Potato Casserole to an African Sweet Potato and Peanut Stew, and lots of sweet potato tips and how to's.

It's such a delicious book and it's such a fun kick off to the holiday season. Enjoy!

Christine



THE COOKFUL

Table of Contents

Classic Sweet Potato Casserole.	4
Healthier Sweet Potato Casserole	6
Sweet Potato Casserole Bites	8
Sweet Potato Pie	10
How To Make Sweet Potato Toast	12
Baked Sweet Potatoes with Marshmallows.	15
What's The Best Way To Cook A Sweet Potato?	17
The Difference Between Sweet Potatoes and Yams.	19
Sweet Potato Quesadillas	20
African Sweet Potato and Peanut Stew	22
How To Make Crispy Sweet Potato Fries In The Oven	24
99 Sweet Potato Recipes	27
Contributors	30
About the Cookful	32

Disclosure: *We have not been compensated in any way by Produce for Kids for this ebook. They have given us permission to use their recipe with no conditions. However, our senior editor and the author of this article, Christine Pittman, has worked with them on other compensated projects in the past and will continue to do so.*

Edited by Christine Pittman and Lyndsay Burginger. Designed by [Garnishing Co.](#)

© 2016 The Cookful. All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, electronic, mechanical or manual, including photocopying, recording, or by any information storage and retrieval system, without expressed written permission from the author.



Classic Sweet Potato Casserole

By Christine Pittman

A Thanksgiving classic, here's our best Sweet Potato Casserole recipe.

This is a pretty classic Sweet Potato Casserole recipe. We've gone with both pecans and marshmallows in the topping so that everyone is happy. The flavor of the sweet potato part is really amazing. This is because we roasted the sweet potatoes instead of boiling them or using canned ones.

There isn't a ton of sugar in here because the sweet potatoes are already pretty sweet. If you like it on the sweeter side, you can double the sugar though. The best thing to do is to make the sweet potato mixture adding everything except the eggs. Then give it a taste and decide if you want more sugar or not. I think you'll find that it's just about right.

Classic Sweet Potato Casserole

Continued from previous page

Yield: 8 servings

Prep Time: 15 minutes

Cook Time: 1 hour, 15 minutes

Total Time: 1 hour, 45 minutes

Ingredients:

5 medium sweet potatoes
with peels on

1/4 cup butter, softened

1/2 cup milk

1/4 cup white sugar

1 tsp. vanilla

1/2 teaspoon table salt

1/2 tsp. cinnamon

2 eggs, lightly beaten

1/2 cup mini marshmallows

1/2 cup chopped pecans

1. Preheat oven to 375°F. Put the sweet potatoes whole on a baking sheet. Bake until very tender when pierced with a fork, 1 to 1 and 1/4 hours. Remove from oven. Let them cool a bit until you can handle them or wear oven mitts to handle them. Turn oven down to 325°F.
2. Cut each sweet potato in half and scoop insides into a large bowl. Add the butter, milk, sugar, vanilla, salt and cinnamon. Mash it all together and then stir until smooth. Stir in the eggs.
3. Transfer sweet potato mixture to a 9x13" baking dish. Sprinkle with the pecans and marshmallows. Bake for 30 minutes. Keep your eye on it. If the marshmallows start to get too dark, cover with foil.



Healthier Sweet Potato Casserole

By Christine Pittman

Sweet potato casserole gets a healthy makeover, without losing any of the taste.

This recipe from [Produce for Kids](#) has less butter and no added sugar (except in the marshmallows, which are optional). It still tastes great though and we know you're going to love love love this classic done healthy.

Healthier Sweet Potato Casserole

Continued from previous page

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

6 sweet potatoes, peeled,
cubed

1/4 cup fat free milk

2 Tbsp. unsalted butter

2 tsp. pumpkin pie spice

1/2 cup pecans, chopped

2 cups mini marshmallows

1. Place sweet potatoes in large saucepan and cover with water. Bring to a boil and simmer 20–25 minutes, or until tender; drain.
2. Place potatoes, milk, butter and pumpkin pie spice in large mixing bowl. Beat with electric mixer until smooth.
3. Add sweet potato mixture to shallow baking dish, top with pecans and marshmallows. Place under preheated broiler 5 inches from heat; broil 2–3 minutes, or until marshmallows are lightly browned.



Sweet Potato Casserole Bites

By Christine Pittman

We love sweet potato casserole. Making it bite-sized is just right to serve at parties.

Sweet potato casserole is a tradition at American Thanksgiving. Because of that, we were a little bit reluctant to mess around with it or change it too drastically.

It didn't seem like a big deal to make it smaller though. These little casserole bites are perfect for an appetizer or dessert party. The best thing about them is that they are ridiculously easy to make.

Here's what you do...

Make up a batch of sweet potato casserole filling. Any recipe. But skip the eggs since the cups don't bake for long enough for the egg to cook through. You can use leftover sweet potato casserole as well. That works great.

Sweet Potato Casserole Bites

Continued from previous page

If you don't want to make a filling and you don't have leftovers and you want your life to be easier, you can buy a tub of mashed sweet potatoes from the refrigerator section of your grocery store. The mashed sweet potatoes come with butter and sweetening in them already so they're ready to use.

Get some mini fillo shells. These are found in the frozen department near the frozen pie crusts and other pastry. The brand I use is Athens. To see what the package looks like so you know what you're looking for, [go here](#).

Now you're all set. Simply scoop sweet potato filling into the cups. Put the cups on a baking sheet and arrange 3 mini marshmallows on each one. Bake in a 350°F oven until marshmallows are lightly browned, 10-12 minutes.

You can serve these immediately as a warm item. Or let them come to room temperature and serve. But don't wait too long to serve them (not more than 2 hours) because the fillo shells will get soggy.

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

15 fillo dough cups

1 cup store-bought mashed
sweet potatoes*

45 mini marshmallows

1. Preheat oven to 350°F.
2. Put fillo dough cups on a baking sheet. Fill each with 1 Tbsp. sweet potatoes. Top each with 3 marshmallows.
3. Bake until marshmallows are lightly browned, 10-12 minutes.
4. These are good warm or at room temperature. Serve soon, though. They get mushy in the refrigerator.

**Or cook and mash your own sweet potatoes or use any sweet potato casserole filling that you like (leftover sweet potato casserole works great!). If you're making a new filling, don't put raw eggs in it since these cups don't cook for long enough for the eggs to cook.*



Sweet Potato Pie

By Christine Pittman

This should be an easy sell. Three words — Sweet Potato Pie. Better yet? It's super easy to make.

Before embarking on our big [Sweet Potato Series](#), I had never had sweet potato pie. I wasn't even entirely sure what it was. I did some research and found out that it is typically very similar to [my basic pumpkin pie recipe](#) (totally the best pumpkin pie out there. I swear. I got the recipe from my mom and she knows things), but with sweet potatoes instead of pumpkin.

I therefore experimented with that pumpkin pie recipe, swapped out the pumpkin for sweet potatoes and did a few other tweaks to get it just right.

For the pureed sweet potatoes, there are a few things you can do. First, you can roast whole sweet potatoes (use 2-3 medium ones) in the oven with the peels on. Go with 375°F for about 1 hour to 1 and 1/4 hours, until a fork pierces right through easily. Then scoop out the insides.

Sweet Potato Pie

Continued from previous page

Alternatively, you can peel them, cut them into cubes and boil them until tender. This takes more work but is quicker.

Finally, you can totally buy already-mashed sweet potatoes at the grocery store in the refrigerator section. These already have butter and sweetening in them but that won't matter at all. I tried it and it worked just great.

However you get your sweet potatoes ready, you're in for a tasty treat. Enjoy!

Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 50 minutes

Total Time: 1 hour

Ingredients:

1 (8" or 9") pie crust

3 eggs

2 cups pureed sweet potatoes

1 cup brown sugar

1/2 cup evaporated milk

2 tsp. cinnamon

1/2 tsp. ginger

1/4 tsp. cloves

1/4 tsp. salt

1. Preheat oven to 425°F. Line an 8" or 9" glass pie plate with the pie crust. Flute edges.
2. In a large bowl, whisk eggs. Add sweet potatoes, brown sugar, evaporated milk, cinnamon, ginger, cloves and salt.
3. Pour into pie plate. Bake 15 minutes. Reduce heat to 350°F and bake 35-40 minutes, until knife inserted in middle comes out clean or almost clean. Cool on a rack.



How To Make Sweet Potato Toast

By Elena Szeliga

Sweet potato toast is a gluten-free, nutrient-dense and delicious bread replacement and an amazing way to start the day. It couldn't be easier to make! Just toast sweet potato slices in your toaster and top them with one of these delicious sweet or savory toppings.

Have you ever heard of sweet potato toast? It's exactly what it sounds like: a slice of sweet potato, popped in the toaster and topped with your favorite toppings, like peanut butter or avocado. This latest technique has spread widely across social media, leaving behind other clean-eating trends such as cauliflower "rice" and smoothie bowls.

With more people following gluten-free and paleo diet, sweet potato slices are a good substitute to gluten-packed toasted bread. Besides, sweet potatoes are loaded with nutrients, from vitamins A, B6 and C to minerals like manganese, copper, potassium and fiber. They help to regulate your blood sugar levels, protect against the effects of aging, help you cope with stress, as well as have anti-inflammatory and immune-boosting properties.

Sweet Potato Toast

Continued from previous page

Being one of the most nutritious vegetables around, sweet potatoes are also delicious in both sweet and savory dishes. Make sure to include them in your diet throughout the year and not just for your Thanksgiving dinner. Making a sweet potato toast for breakfast is surely a great way to enjoy them and to take advantage of their unique health benefits!

HOW TO MAKE SWEET POTATO TOAST IN A TOASTER

To make sweet potato toast, take a large sweet potato and cut it into 1/4 inch thick slices. Toast them in the toaster two or three times on high, to get it toasted and cooked through. As every toaster is different, you'll need to play around with yours to get it just right. It should be crisp and slightly browned from the outside and soft and cooked through from the inside.

The next step is to choose a topping. As like normal toasted bread, sweet potato toasts are really versatile. You can choose between sweet and savory toppings, whatever it is that you are craving.

TOPPING IDEAS:

Sliced Avocado + Poached Egg + Sriracha

Cut the avocado in half, pit and remove the skin. Slice and top your toast with it. Not sure about the poaching thing? No worries. We've got you covered. Head over here to learn how to [poach a perfect runny-yolked egg](#) every time. Place your poached egg on top of the avocado and drizzle it with Sriracha. Season with salt and freshly ground black pepper to taste.

Soft Goat Cheese + Figs + Fresh Sage

Spread some soft goat cheese on your sweet potato toast and top it with sliced dried or fresh fig and a couple of fresh sage leaves. Season with salt and freshly ground black pepper to taste.

Sliced Avocado + Lemon Juice + Salt + Black Pepper

Cut the avocado in half, pit and remove the skin. Slice and top your toast with it. Drizzle with lemon juice. Sprinkle with salt and freshly ground black pepper.

Cream Cheese + Grapes + Walnuts

Spread some cream cheese on your sweet potato toast. Top it with halved grapes and roughly chopped walnuts. Season with salt and freshly ground black pepper to taste.

Sweet Potato Toast

Continued from previous page

OTHER SAVORY TOPPING IDEAS:

- + Chicken salad
- + Pesto and Gouda cheese
- + Hummus and tomatoes or cucumbers
- + Smoked salmon or tuna with onions and dill

OTHER SWEET TOPPING IDEAS:

- + Coconut cream and sliced fruits
- + Peanut butter, banana and cinnamon
- + Nutella and berries or banana
- + Cream cheese and jam



Baked Sweet Potatoes with Marshmallows

By Christine Pittman

Jazz up your side dish. Baked sweet potatoes are a delicious alternative to boring baked potatoes.

We're getting closer and closer to Thanksgiving. Are you in the sweet potato casserole mood? We sure are.

I do these sweet potatoes in the microwave. They're cooked through in about 6-8 minutes. Then I add some marshmallows and pop them under the broiler just until they're browned. Super-quick, fun, tasty and easy. We all love them and I hope you do too.

Baked Sweet Potatoes with Marshmallows

Continued from previous page

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Ingredients:

2 medium sweet potatoes

2 Tbsp. melted butter

1 Tbsp. brown sugar

1/4 tsp. cinnamon

20 mini marshmallows

1. Preheat broiler.
2. Pierce sweet potatoes with holes with a fork. Put on plate, microwave 6–8 minutes.*
3. Meanwhile, mix butter, brown sugar and cinnamon.
4. Test if sweet potatoes are done with a fork. It should pierce through easily in a couple of spots. Cut sweet potatoes in half. Score with knife. Pour butter mixture into scores. Transfer sweet potatoes to a baking sheet. Top each with 10 marshmallows.
5. Put sheet far from the broiler and watch carefully until marshmallows are lightly browned.

**NOTE: Alternatively, you can bake the whole sweet potatoes in a 375°F oven for 1 hour to 1 and 1/4 hours, until pierces easily with a fork.*



What's The Best Way To Cook A Sweet Potato?

By Maria Siriano

We tested slow cooking, baking and microwaving sweet potatoes to find the perfect potato; here's our verdict.

Baked sweet potatoes are arguably one of the best things that can grace your dinner table. Actually baking them in the oven is a tried and true method, but we wondered if the microwave and slow cooker could yield similar (or better) results. So we put all the techniques to the test to find out which appliance will give you the best baked sweet potato.

Our control sweet potato was pricked with a fork and baked in a 400°F on a foil-lined baking sheet oven for about an hour. The results were reliable: a soft, sweet interior, dry exterior. Pretty much what you've come to expect from a sweet potato.

The Best Way to Cook Sweet Potatoes

Continued from previous page

For our microwave sweet potato, we poked it with a fork a few times and popped it in the microwave on high for about 6 minutes. It could take several minutes longer depending on your microwave and the size of your sweet potato, but regardless, this is still the fastest way to get a sweet potato on your plate. Unfortunately, the results were a bit lackluster. The interior is starchier, and the flavor is not as deep or sweet. Still, once you load it up with condiments, it's completely edible. If it weren't for comparing it to the other two potatoes, we would have liked it just fine.

The slow cooker method took a couple tries to perfect, but once we got the right technique down, it was superior to both the microwave and the oven. To get the most out of the slow cooker, you really need to wrap the sweet potatoes in foil. Leaving them unwrapped makes your sweet potato at risk for burning and drying out, whereas the foil will keep the moisture trapped inside. You can do 4 hours on a high temperature or 8 hours on low—perfect for if you want to come home to baked sweet potatoes right after work! The long and low method helps caramelize the starches in the sweet potato, creating a beautifully soft interior with a deep, sweet flavor.

So if you have the time, the slow cooker will give you the softest, most flavorful sweet potato around. But the oven and microwave are perfectly decent options, too, so don't sweat it if you don't have 4-8 hours.

The Difference Between Sweet Potatoes and Yams

By Lyndsay Burginger

What are yams? What are sweet potatoes? Are they the same thing? What on earth are we eating?

I first came across this conundrum in a Whole Foods Market in their produce section. Sitting side-by-side were two distinctly different potatoes, one white fleshed and one orange. The sign above them read “Yams and Sweet Potatoes.” I picked up both potatoes and wondered which was which.

I did some research and learned that they were both sweet potatoes. What’s going on here? Where’s the yam?

Sweet potatoes can have a variety of different colors; ranging from white to orange and even to purple. Sweet potatoes also have two different textures. One being firm (which has paler flesh) and the other being softer (which has an orange flesh). But essentially the thing that many of us grew up calling a yam is really a sweet potato. Wait, was my mom’s sweet yam pie a lie? Not really. There’s more to this story.

The first sweet potato introduced into the U.S. was the firmer paler one. When the softer orange one was later introduced there was concern that there would be confusion. A new name, yam, was adopted, probably because it looks a bit like a true yam. But it was never a true yam. In fact, sweet potatoes and yams are not even related.

What’s a true yam? They’re grown in Africa and Asia and are not often found in regular grocery stores over here. They are starchy and drier than sweet potatoes and require different preparations than their orange counterparts. These tubers look less like potatoes and more like small logs from a tree. If you put a (sweet potato) yam next to a real yam, you wouldn’t mistake the two.

In conclusion, a yam and a sweet potato are two totally different vegetables unless you are in the States, where yams and sweet potatoes have a little bit of an identity crisis with some sweet potatoes sometimes, but not always, being called yams. In truth, most Americans have never seen or eaten a true yam. But don’t tell my mom that. I don’t want her thinking I think she’s a liar; I need her to keep making me that pie!



Sweet Potato Quesadillas

By Christine Pittman

Quesadillas are made insanely healthy with sweet potatoes and black beans. And whoa, are these ever delicious too!

I took the above picture for [Produce for Kids](#) a couple of years ago. I didn't create the recipe though. They did. I was skeptical of the flavor combination: sweet potatoes, black beans and cheese. It sounded weird. I was so wrong. These were some of the best quesadillas I've ever had. I couldn't stop eating them. Those guys have good instincts on flavor and on making things healthy.

I think it's the creaminess of the sweet potatoes that makes these quesadillas so good. It somehow felt to my mouth like there was way more cheese in there than there was because of it. Mmmmm. I think you're going to love these.

Sweet Potato Quesadillas

Continued from previous page

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Ingredients:

1 large sweet potato

1 can low sodium black
beans, drained, rinsed

1/4 cup chopped cilantro

1 Tbsp. low sodium taco
seasoning

8 whole wheat tortillas

1 cup lowfat shredded
Monterey Jack cheese

1. Prick sweet potato with fork and microwave for 5 minutes on HIGH. Let cool slightly.
2. Cut in half lengthwise and scoop flesh into large bowl. Mash until smooth.
3. Combine beans, cilantro, and seasoning to sweet potato and mix well.
4. Heat skillet over medium heat. Spread sweet potato mixture evenly on one side of tortilla, sprinkle with cheese and place second tortilla on top. Cook 3-4 minutes or until cheese is melted. Flip and cook an additional 2-3 minutes. Repeat with remaining tortillas and mixture. Cut into quarters.



African Sweet Potato and Peanut Stew

By Lyndsay Burginger

Try a hearty sweet potato and peanut stew tonight. You're not going to believe how good this flavor combo is. Really. So. Good.

A few years ago I had this amazing sweet potato and peanut soup at an Ethiopian restaurant. It was strange, actually, because the menu called it Western African Peanut Soup but Ethiopia is not in Western Africa. I was intrigued and ordered it anyways. Ever since I've been wanting to try to recreate it.

I finally did it a few months ago and have been anxiously waiting for a chance to share it with you. Our [Sweet Potato Series](#) seemed like a good place, especially as a great reminder that sweet potatoes aren't just for [pies](#) and [casseroles](#). You can include them in soups and stews, and even in [quesadillas](#). Yes, we totally did that!

African Sweet Potato and Peanut Stew

Continued from previous page

I really think you're going to love this soup. It's creamy and a bit sweet but also spicy too. I love that sweet-spicy thing. Enjoy!

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

1 Tbsp. vegetable oil
1 onion, chopped
2 pounds (about 3 medium)
sweet potatoes
4 cloves garlic
1 inch ginger piece, grated
4 cups chicken or vegetable
broth
1 (28 oz.) can diced tomatoes
1 cup chunky peanut butter
1 tsp. cumin
1/2 tsp. salt
1/4 tsp. crushed red pepper
flakes
3 cups chopped kale
cilantro for garnish
roasted peanuts for garnish

1. In a large pot, heat vegetable oil over medium heat. Add onion and cook until soft, 3-4 minutes.
2. Meanwhile, peel and dice sweet potatoes. Add to onions. Stir. Cook for 5 minutes stirring occasionally. Add garlic and ginger. Cook 30 seconds.
3. Add broth, tomatoes, peanut butter, cumin, salt and red pepper flakes. Stir and heat to a boil. Add kale. Reduce to a simmer and cook for 15 minutes, until potatoes are very soft. Mash some sweet potatoes with a spoon to thicken the soup.
4. Garnish with cilantro and peanuts.



How To Make Crispy Sweet Potato Fries In The Oven

By Maria Siriano

Baked sweet potato fries can easily end up a limp mess, but amazing oven fries are not impossible.

It takes a little bit of preparation, but you can achieve oven fries that are crispy on the outside and soft and sweet on the inside.

You'll want to start by cutting your peeled sweet potatoes into 1/4-inch thick sticks. Thinner sticks are key to crispy fries, and uniformity is important so that all the fries cook to the same texture and crispiness.

Possibly the most important step for these fries is soaking the slices in cold water. This tip from the restaurant world draws starches out of the potatoes, which helps them achieve crispiness. You'll want to soak the sweet potato sticks for at least an hour, and up to 24 hours.

Baked Sweet Potato Fries

Continued from previous page

It's a great idea to start soaking them in the morning so they're ready when you want dinner! Just pop the sweet potato sticks in a bowl of cold water, cover, and chill in the fridge until you're ready to bake.

When frying in oil, the chemical process pulls starches to the exterior of the potato and forms a crust. Since we don't get that reaction during the baking process, we have to add our own starch to the exterior of the sweet potatoes. We used a blend of corn starch and tapioca starch (and some spices for flavor).

Finally, we reserved salting for after the fries came out of the oven, since salt draws out moisture and adding it early on can make the fries soggy.

No more excuses for floppy fries! Follow this advice and you'll have perfect crispy oven fries by dinnertime!

Baked Sweet Potato Fries

Continued from previous page

Yield: 4 servings

Prep Time: 1 hour

Cook Time: 30 minutes

Total Time: 1 hour, 30 minutes

Ingredients:

2 large sweet potatoes,
peeled and cut into
uniform 1/4-inch thick
sticks
3 teaspoons cornstarch
3 teaspoons tapioca starch
1/8 teaspoon cayenne
pepper
1/4 teaspoon smoked paprika
2 tablespoons canola oil
Salt, to taste

1. Place sweet potato sticks in large mixing bowl and cover in cold water. Cover with plastic wrap and place the bowl in the refrigerator for at least one hour and up to 24 hours.
2. When ready to bake, place your oven racks in the upper and lower thirds of the oven. Preheat the oven to 425°F. Line two baking sheets with foil and coat with cooking spray. Drain and rinse the sweet potatoes, then blot with paper towels (they should still be a little damp).
3. Place the sweet potato sticks in a large container with a lid, a large zip-top bag, or a clean, dry mixing bowl. In a small bowl, whisk together both starches, cayenne pepper, and smoked paprika. Sprinkle the starch mixture over the sweet potato fries. If using a lidded container or zip-top bag, seal and shake to coat the sweet potatoes. Otherwise, toss them in the mixing bowl to coat evenly. Tap out any excess starch.
4. Drizzle canola oil over the sweet potatoes and toss to coat. Spread the sweet potatoes evenly onto the baking pans, being careful not to overcrowd the pans (the fries shouldn't touch each other). Bake for 15 minutes, then flip the fries over. Rotate the pans from top to bottom and back to front and bake for an additional 15-20 minutes, until the fries are brown on the outside, but not burnt. Cool on the pan placed a wire rack for 5 minutes, then sprinkle with salt.

99 Sweet Potato Recipes

By Nicole Johnson

Tis the season for SWEET POTATOES! This festive root vegetable is so versatile and delicious! Check out these amazing recipes featuring this fabulous fall ingredient.

The Cookful Recipes

1. [Crispy Oven Sweet Potato Fries](#)
2. [African Sweet Potato and Peanut Stew](#)
3. [Sweet Potato Quesadillas](#)
4. [Sweet Potato Pie](#)
5. [Baked Sweet Potatoes with Marshmallows](#)
6. [Sweet Potato Toast](#)
7. [Classic Sweet Potato Casserole](#)

Appetizers

8. [Harvest Sweet Potato Salsa](#)
9. [Spicy Roasted Sweet Potato Spirals with Guacamole](#)
10. [Sweet Potato and Kohlrabi Fries](#)
11. [Sweet Potato Polenta Crostini with Ricotta, Kale Pesto, and Bacon](#)

12. [Basil and Blue Cheese Sweet Potato Bites](#)
13. [Loaded Sweet Potato Skins](#)
14. [Roasted Sweet Potato Bites](#)
15. [Sweet Potato Hummus](#)
16. [Sweet Potato Hummus Quesadilla](#)

Breads, Rolls, Scones, or Biscuits

17. [Rosemary Sea Salt Sweet Potato Rolls](#)
18. [Sweet Potato Biscuits](#)
19. [Sweet Potato Biscuits](#)
20. [Sweet Potato Herb Parker House Rolls](#)
21. [Sweet Potato Rolls with Maple Bacon Glaze](#)
22. [Sweet Potato Pecan Scones with Maple Glaze](#)

Breakfast

23. [Twice Baked Breakfast Sweet Potatoes](#)
24. [Coconut Sweet Potato Muffins](#)
25. [Sweet Potato Crusted Quiche with Goat Cheese and Leeks](#)
26. [Sweet Potato Toast](#)

Casseroles

27. [Make Ahead Sweet Potato Casserole](#)
28. [Cheesy Scalloped Sweet Potato Casserole](#)
29. [Sweet Potato Casserole](#)
30. [Sweet Potato Casserole with Pecan Praline Topping](#)
31. [Vanilla Sweet Potato Casserole](#)
32. [Sweet Potato Casserole with Praline Topping](#)

99 Sweet Potato Recipes

Continued from previous page

33. [Praline Topped Sweet Potato Casserole](#)

34. [Sweet Potato Casserole with Marshmallow & Pecan Streusel](#)

Desserts

35. [Sweet Potato Bundt Cake with Brown Sugar Glaze](#)

36. [Secretly Healthy Fudgy Chocolate Sweet Potato Brownies](#)

37. [Sweet Potato Cheesecake Bars](#)

38. [Sweet Potato Cake with Bourbon Caramel Cream Cheese Frosting](#)

39. [Sweet Potato Ice Cream](#)

40. [Sweet Potato Souffle in Orange Cups](#)

41. [Sweet Potato Pie](#)

42. [Sweet Potato Pie 2](#)

43. [Sweet Potato Pie 3](#)

Main Dishes

44. [Beef and Sweet Potato Stir-Fry](#)

45. [Twice Baked Buffalo Chicken Sweet Potatoes](#)

46. [Sweet Potato, Black Bean, and Corn Enchiladas](#)

47. [Sweet Potato and Kale Skillet](#)

48. [Fall Buddah Bowls with Honey-Tahini Dressing](#)

49. [Enchiladas de Camote](#)

50. [Sweet Potato and Black Bean Enchiladas](#)

51. [Sweet Potato Alfredo](#)

52. [Black Bean Salsa Stuffed Sweet Potatoes](#)

53. [Sweet Potato Noodles with Peanut Sauce](#)

54. [Sweet Potato and Black Bean Chili](#)

55. [Easy Sweet Potato and Lentil Curry](#)

56. [Crispy Sweet Potato Veggie Enchiladas](#)

57. [Twice Baked Sweet Potatoes with Quinoa and Kale](#)

58. [Sausage, Sweet Potato Noodles, and Broccoli Skillet](#)

59. [Crispy Sweet Potato Tacos](#)

60. [Sweet Potato Apple Chicken Sausage](#)

61. [Sweet Potato Lentil Chili](#)

62. [BBQ Pulled Pork Stuffed Sweet Potato](#)

63. [Chipotle BBQ Pulled Pork Stuffed Sweet Potatoes](#)

64. [BBQ Chicken Baked Sweet Potatoes](#)

65. [Sweet Potato Black Bean Burritos](#)

66. [Apple Gouda Stuffed Chicken Breasts with Smoky Roasted Sweet Potatoes](#)

67. [Southwest Sweet Potatoes, Corn, and Achiote Chicken](#)

68. [Italian Sweet Potato Spaghetti Bowls](#)

69. [Southwest Stuffed Sweet Potatoes](#)

99 Sweet Potato Recipes

Continued from previous page

Salads

- 70. [Three Bean Sweet Potato Salad](#)
- 71. [Roasted Sweet Potato Salad](#)
- 72. [Roasted Sweet Potato, Kale, and Quinoa Salad](#)

Sides

- 73. [Smokey Grilled Sweet Potatoes with Cilantro and Lime](#)
- 74. [Mashed Sweet Potatoes with Bourbon, Molasses, and Pecans](#)
- 75. [Ginger Pear Juice Baked Sweet Potatoes](#)
- 76. [Roasted Sweet Potato Medley](#)
- 77. [Sweet Potato Souffle](#)
- 78. [Spicy Thai Totchos](#)

- 79. [Spiced Sweet Potato and Bacon Skewers](#)
- 80. [Skinny Sweet Potato Gratin](#)
- 81. [Scalloped Sweet Potatoes](#)
- 82. [Scalloped Sweet Potatoes and Apples](#)
- 83. [Sweet Potato Souffle](#)
- 84. [Spiced Mashed Sweet Potatoes](#)
- 85. [Sweet Potato Casserole](#)
- 86. [Sweet Potato Gratin with Goat Cheese, Parmesan, and Thyme](#)
- 87. [Twice Baked Sweet Potatoes](#)
- 88. [Sweet Potato Home Fries](#)
- 89. [Melting Sweet Potatoes](#)
- 90. [Sausage and Sweet Potato Hash](#)

- 91. [Sweet Potato Casserole Stacks](#)
- 92. [Maple Roasted Sweet Potatoes](#)

Soups

- 93. [Skinny Sweet Potato Toscana Soup](#)
- 94. [Slow Cooker Sweet Potato, Lentil, and Chicken Sausage Soup](#)
- 95. [Sweet Potato and Sausage Soup](#)
- 96. [Creamy Sweet Potato Pumpkin Soup](#)
- 97. [Paleo Spicy Sweet Potato Soup](#)
- 98. [Coriander and Sweet Potato Soup with Spicy Chickpea Croutons](#)
- 99. [Roasted Sweet Potato and Quinoa Soup](#)

Contributors

Many thanks to our writers for this edition of The Cookful.



Lyndsay Burginger

» cookandagoodbook.com

It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for Cook and a Good Book, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at The Cookful.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Nicole Johnson

» orwhateveryoudo.com

Nicole has been blogging for 5 years at orwhateveryoudo.com, when not chasing her 7 kids around or working full time for Mediavine. She basically lives, breathes, and eats blogging. And cookies. A pasta fanatic and dedicated tomato fan, she occasionally branches out into crazier things like oh, rice and potatoes. She features mostly from scratch cooking with a healthy smattering of easy convenience meals tossed in to keep it real.

Contributors

Continued from previous page



Maria Siriano

» siftandwhisk.com

Somewhere among the towers of batter-smeared mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, Sift & Whisk. Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.



Elena Szeliga

» happykitchen.rocks

Elena blogs at Happy Kitchen.Rocks, where she focuses on delicious and healthy food that is easy to make. She uses whole ingredients, seasonal fruits and veggies, whole grains and lots of spices and herbs. Her Russian heritage and expat lifestyle enriched her food experience, allowing her to start experimenting in the kitchen. She hasn't stopped since!

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



THE COOKFUL