



## October 21 - Sweet Potato Patties

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/sweet-potato-patties-fdd>

### Recipe

*Ingredients:*

- 3 sweet potatoes
- 1 cup bread crumbs (crushed)
- 1 tablespoon vegetable oil

*Directions:*

1. Wash the sweet potatoes.
2. Bake the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the bread crumbs on a cutting board with a rolling pin or jar.
6. Put the crushed bread crumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.
9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides in the oil.

Yield 6 servings

### Nutrition Facts

Serving Size 1 patty (85.27g)  
Servings Per Container 6

**Amount Per Serving**

**Calories** 150      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3.5g      **5%**

Saturated Fat 0g      **2%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 3g      **11%**

Sugars 4g

**Protein** 3g      **7%**

Vitamin A 180%      •      Vitamin C 2%

Calcium 6%      •      Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.