



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.