

Fivers

*I Love
Sweet Potatoes!*

Five plant-based recipes from the
Gracious Vegan



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I Love Sweet Potatoes!

Sweet Potatoes All Day Long

It's hard to choose just five sweet potato recipes, because sweet potatoes are so versatile. I've chosen lunch and dinner dishes, but I could easily have included breakfast too.



Curried Sweet Potato and Coconut Soup

See page 8 to find out what the difference is between yams and sweet potatoes.

Sweet Potatoes are Nutritional Powerhouses

You get a lot of nutritional benefits from sweet potatoes. With only around 100 calories, a small-to-medium sweet potato gives you almost 4 grams of dietary fiber (about one-sixth of our daily requirement) and more than double the recommended amount of Vitamin A. It also delivers good doses of Vitamin C and manganese in addition to some wonderful micronutrients too complex to describe here.



Sweet Potato Cakes



Baked Sweet Potatoes with Easy, Tasty Toppings



No-Oil Roasted Sweet Potatoes in Bowls



Sweet Potato Pecan Pie with Gingersnap Crust

Curried Sweet Potato and Coconut Soup

Substituting creamed cashews, water, and coconut extract for coconut milk really saves on saturated fat. A quarter-cup of coconut milk has 11 grams of saturated fat, as much as a Burger King Whopper. In this soup, the sweet potatoes, lentils, spices, vegetables, and coconut milk substitutes make for irresistible texture and taste. No sacrifice here.

Hands-on time: 30 minutes

Total time: 70 minutes

Makes: 10 servings

Create cashew milk for the soup by blending the cashews and water together on high for 30 seconds or longer, until the cashews are dissolved. (If you do not have a high speed blender, soak the cashews for 2 hours, or pour boiling water over them and soak them for 20 minutes; drain.) Set aside.

1/4 cup raw cashews

1.5 cups water

Combine the following ingredients in a large soup pot or Dutch oven. Bring to a boil, then lower the heat and simmer, covered, until the lentils are done and the sweet potatoes are tender, about 45 minutes.

8 cups vegetable stock

1 large (red or yellow) onion, minced

6 garlic cloves, minced

2 Tablespoons minced ginger root

16-18 ounces sweet potatoes, peeled, cut into 1/2" dice (about 4 cups)

2 cups dried brown or red lentils

1 medium or large red pepper, diced

1.5 Tablespoons curry powder

1/8 teaspoon (or more) crushed red pepper flakes

Once the soup is cooked, stir in the following ingredients and cook gently for a few minutes until desired thickness is achieved.

The 1.5 cups of cashew milk

Juice of one lime (about 2 Tablespoons)

1/4 cup (packed) cilantro, finely chopped

3-4 Tablespoons tamari or soy sauce

1 teaspoon coconut extract

Salt will likely not be needed because of the soy sauce, but add in salt if desired.

Nutritional information per serving:

197 calories, 1g fat, 0g sat. fat, 35g carbs, 639mg sodium, 8mg fiber, 12g protein

Sweet Potato Cakes

This recipe looks a little fussy at first glance, but it results in beautiful, tasty sweet potato cakes with a light texture, and if you make it a few times, it will become routine.

Hands-on time: 25 minutes

Total time: 55 minutes

Makes: 16 cakes (5 servings)

Preheat oven to 425°. Line 2 large baking sheets with parchment paper. Spray the papers with cooking spray.

Microwave one of the sweet potatoes (poke it with the point of a knife in a few places to allow air to escape; cook on high for about 5 minutes or until soft). Scoop out the flesh into a bowl and mash it.

Grate the other two raw sweet potatoes.

3 sweet potatoes totaling around 1.5 pounds

Make a vegan "egg" by blending the following ingredients together with a stick blender in an appropriately sized container (e.g., a two-cup measure). Blend on high until the mixture is thick, about a minute.

1/3 cup unsweetened nondairy milk

1/4 cup water

1 Tablespoon cornstarch

1/8 teaspoon xanthan gum

1/8 teaspoon baking powder

1/8 teaspoon turmeric

Combine the mashed and grated potatoes, the "egg," and the following ingredients in a medium/large bowl and stir together.

4 green onions, greens and whites, thinly sliced

1/2 cup dried bread crumbs (whole wheat crumbs work well)

1 teaspoon salt

1/2 teaspoon baking powder

1/4 teaspoon garlic powder

Create potato cakes by taking 1/4-cups of the mixture, flattening them, and laying them on the sprayed parchment paper. Spray tops with cooking spray. Bake 20 minutes, then flip them over. Bake another 6-8 minutes until golden.

Nutritional information per serving:

147 calories, 0g fat, 0g sat. fat, 33g carbs, 679mg sodium, 5mg fiber, 3g protein

Baked Sweet Potatoes with Easy, Tasty Toppings

Easy baked sweet potatoes can make for a quick lunch or dinner. Combine them with leftover soup or salad, and you've got a meal.

Hands-on time: 10 minutes

Total time: 10-60 minutes

Makes: Adjustable

Bake the sweet potatoes in the oven, microwave, or Instant Pot. Wash, dry, and pierce each sweet potato in several places with a fork or pointed knife.

Sweet potatoes (as many as you want)

For oven-baking, place the sweet potatoes on a baking sheet lined with foil or parchment paper. Bake until tender, about 45 minutes. Baking times can vary depending on potato size.

For microwave-baking, wrap each sweet potato in a paper towel (it doesn't need to be moist). Microwave for 3 minutes, check it, then cook for a minute at a time until just tender (they will continue softening). Baking times will vary depending on your oven, how many potatoes you bake together, and the size of the potatoes.

For Instant Pot, put 1 cup cold water in the pot, insert the steamer rack that came with your Instant Pot. Slice each sweet potato in half the long way. Pile the sweet potato halves on the rack, putting the fattest halves on the bottom and facing all the cut sides up. Set on "Steam" for 4 minutes. Use natural release method (10 minutes).

Suggestions for toppings

- **Black beans and salsa (guacamole optional)**
- **Chili beans and vegan crema (ditto on guacamole) (recipe for crema on page 8)**
- **Cowboy caviar (a mixture of black-eyed peas, corn, avocado, tomatoes, onions, cilantro, a little vinegar and salt) (or see full recipe on graciousvegan.com)**
- **Chickpeas, chopped tomatoes and cucumber with tahini sauce (recipe for tahini sauce on page 8)**
- **Leftover chili**
- **Cooked vegetables with leftover sauce (peanut sauce, creamy tomato sauce, white garlic sauce, creamy pesto sauce, gravy)**
- **Vegan crema, pomegranate molasses, and an interesting dried spice like urfa biber, za'atar, or Aleppo pepper**

Nutritional information per serving (one 8-ounce sweet potato without toppings):

192 calories, 0g fat, 0g sat. fat, 46g carbs, 128mg sodium, 7mg fiber, 3g protein

No-Oil Roasted Sweet Potatoes in Bowls

Sweet potato cubes can be roasted on parchment paper without oil and will bake up nicely. The approach here is different. The tahini mixture coats the sweet potatoes and browns as the sweet potatoes roast. You get closer to a roasted look and feel but without the oil.

Hands-on time: 20 minutes

Total time: 45 minutes

Makes: 4 servings

Roast the sweet potatoes. Preheat the oven to 400 degrees. Line a sheet pan with parchment paper. Whisk these ingredients together in a large bowl.

5 teaspoons water

4 teaspoons tahini

1/2 teaspoon salt

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Pinch of smoked paprika

Add in the cubed sweet potatoes and fold with a spatula until all the cubes are coated.

16 ounces sweet potatoes, 1-inch cubes

Pour the sweet potato cubes onto the parchment paper. Roast for 15 minutes, then flip and roast for 10-15 minutes more, until desired tenderness is reached. If needed, switch to broiler mode and broil the potatoes 1-2 minutes to get the tops brown.

Ideas for bowls

Inspiration	Protein	Raw/cooked vegetables	Sauce	Toppings
Lebanese	Garbanzo beans	Cucumber, tomatoes, onions	Tahini sauce	Green onions, Greek or green olives
Greek	Black beluga lentils	Tomatoes, onions, zucchini	Tzatziki	Green onions, Greek olives
Mexican	Black beans	Corn, peppers, tomatoes	Vegan crema and/or salsa	California olives, pepitas, cilantro
Thai	Baked/broiled tofu, tempeh	Bell peppers, zucchini	Peanut sauce	Cilantro, lime zest
Indian	Baked/broiled tofu, tempeh	Green beans, cauliflower, bell peppers	Curry sauce	Cilantro, garam masala

Nutritional information per serving (roasted sweet potatoes only):

126 calories, 3g fat, 1g sat. fat, 23g carbs, 355mg sodium, 4mg fiber, 3g protein

Sweet Potato Pecan Pie with Gingersnap Crust

Make this for Thanksgiving and you will be showered with praise. It's not whole-food unprocessed, but it's incredibly delicious and can show omnivores how good desserts can be without dairy and eggs.

Hands-on time: 30 minutes

Total time: 90 minutes + cooling

Makes: 12 slices

Preheat oven to 365° F.

Crust. Use a food processor to break down the gingersnap cookies into crumbs

9 ounces gingersnap cookies

Add the following ingredients and process briefly until incorporated.

1 teaspoon ground ginger

1 teaspoon ground cinnamon

5 Tablespoons vegan butter, melted

Transfer the crumbs to a 9-inch springform pan and pat with your hands into the bottom and up the sides (about 1 - 1.5 inches). Bake the crust for 5 minutes.

Sweet potato layer. Process the following ingredients in the food processor until smooth.

1.5 cups cooked sweet potato (18 ounces baked or microwaved, skins removed)

1/2 cup light brown sugar

1/2 cup tofu (I prefer firm silken tofu that comes in the vacuum pack) (see more tofu needed below)

2 teaspoons pumpkin pie spice

2 teaspoons cornstarch

Carefully spread the sweet potato mixture over bottom of pie shell.

Pecan layer. Sprinkle the pecans over the sweet potato layer.

3/4 cup chopped pecans

Process the following ingredients in the same food processor.

1/2 cup dark corn syrup

3/8 cup tofu (same recommendation as above)

1/4 cup light brown sugar

2 tablespoons vegan butter, melted

1 teaspoon arrowroot powder or cornstarch

1/2 teaspoon vanilla extract

Pour the corn syrup mixture gently over the nuts and smooth it out evenly.

Bake for 60 minutes or until the top is bubbly and the filling looks almost fully set. Cool on wire rack.

Nutritional information per serving:

336 calories, 13g fat, 3g sat. fat, 52g carbs, 255mg sodium, 2mg fiber, 3g protein

Notes

Sweet Potatoes or Yams?

Once and for all, are they the same thing? Well, yes and no (ha!). A strange thing happened in the history of grocery stores. Farmers, wholesalers, and grocers started calling sweet potatoes “yams.”

True yams are mostly grown and eaten in Africa, South America, and Central America. They're imported into the U.S. in small numbers. Yams are rough and scaly and usually white on the inside (though there are purple varieties). Many of us haven't eaten a single yam in our lives.

All the common orange “yams” in the stores are actually sweet potatoes. There are hundreds of sweet potato varieties, including white and purple kinds. (See this [video](#) about the anti-inflammatory effects of purple sweet potatoes.)

At my local store, the best looking ones are Garnets and Jewels. You may have other “best ones” in your area. Just eat them and enjoy!

Gracious Vegan Crema – makes 1.5 cups

Soak cashews in cold water at least 2 hours, or pour boiling water over them, cover, and let them soak 20 minutes.

1 cup raw cashews

Drain cashews and place them with remaining ingredients into a blender and process until creamy.

1/2 cup water

2 Tablespoons fresh lime or lemon juice

1 teaspoon apple cider vinegar

1/2 teaspoon onion powder

1/2 teaspoon salt

1/4 teaspoon smoked paprika

Nutritional information (per Tablespoon):

23 calories, 2g fat, 0g sat. fat, 1g carbs, 42mg sodium, 0mg fiber, 1g protein

Gracious Vegan Tahini Sauce – makes 1.5 cups

Blend these together (food processor, blender, or immersion blender). Add more water if needed.

3/4 cup tahini

1/4 cup lemon juice

2 cloves garlic, peeled and sliced

1/2 cup warm water

1/2 teaspoon salt

Nutritional information (per Tablespoon):

46 calories, 4g fat, 1g sat. fat, 1g carbs, 49mg sodium, 1mg fiber, 2g protein