

Cooking Corner

Versatile Veggie: Sweet Potatoes

(NAPSA)—The sweet potato, or yam, may be one of the most nutritious, delicious and versatile veggies around. Yams are naturally full of flavor and sweetness, which favors them as the perfect ingredient in savory to sweet recipes. Their versatility, plus the added health benefits, make them a great addition to any meal, anytime of day.

The Louisiana Sweet Potato Commission's Web site, www.sweetpotato.org, has many different recipes that can be prepared for breakfast, lunch, dinner or a late-night snack! Sweet Potato Pancakes; Sweet Potato, Apple and Walnut Muffins; Shrimp, Corn and Sweet Potato Soup; Tropical Sweet Potato Salad; Baked Sweet Potato Fries; Yam and Black Bean Wraps; and Yam Trifle are just a few of the delicious dishes featured on the site. Sweet Potato Praline Coffee Cake is a great recipe that can be eaten from breakfast to late afternoon!

Sweet Potato Praline Coffee Cake

- 4 Tbsp. butter or margarine
- $\frac{2}{3}$ cup plus 3 Tbsp. light brown sugar, divided
- 2 Tbsp. light corn syrup
- $\frac{1}{2}$ cup chopped pecans
- 2 $\frac{1}{2}$ cups biscuit baking mix
- 1 can (15 oz.) sweet potatoes (yams), drained and mashed or 1 cup fresh, mashed sweet potatoes
- $\frac{1}{3}$ cup skim milk
- $\frac{1}{4}$ cup dried cranberries

Preheat oven to 400°F. In a



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9x9x2" square baking pan, melt margarine in the oven. Stir in $\frac{2}{3}$ cup brown sugar and corn syrup; spread evenly in pan. Sprinkle with pecans. In a large mixing bowl, beat together biscuit baking mix, sweet potatoes and milk until dough forms a ball. Turn dough onto a surface dusted with baking mix, knead several times and roll or pat into a 12-inch rectangle. Sprinkle with 3 Tbsp. brown sugar and cranberries. Fold dough into thirds, folding each end to center. Cut crosswise into 1" strips and arrange strips sitting on top of pecan mixture in pan. Bake for 25 to 30 minutes or until golden brown. Immediately turn upside down onto serving plate. Makes 12 servings.

For more recipes, visit the Louisiana Sweet Potato Commission's Web site at www.sweetpotato.org or write to the Louisiana Sweet Potato Commission at P.O. Box 2550, Baton Rouge, LA 70821-2550.