

# Sweet Potato Patties

**Makes:** 6 servings

## Ingredients

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

## Directions

1. Using your hands or a vegetable scrub brush, wash the sweet potatoes under cool water to remove any dirt.
2. To prepare for microwave, prick the potatoes all over with a fork to avoid them from bursting open.
3. Microwave the sweet potatoes on high for ~5-6 minutes until soft. Turn them over mid-way.
4. Allow to cool; then remove skins by hand.
5. Put the sweet potatoes in a medium bowl. Mash them with a fork.
6. Crush the bread crumbs on a cutting board with a rolling pin or jar.
7. Put the crushed bread crumbs in a small bowl.
8. Shape sweet potato into 6 small patties.
9. Roll each patty in the crushed crumbs.
10. Heat the oil in a frying pan on medium heat.
11. Brown each patty on both sides in the oil.

## Notes

- For variety, add some finely chopped apple. For added fiber, try whole wheat bread crumbs.

**Total Cost:** \$1.40

**Serving Cost:** \$0.23

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes



## Nutrition Facts

6 servings per container  
**Serving size** 1 Patty (86g)

**Amount per serving**  
**Calories** 150

**% Daily Value\***

**Total Fat** 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 170mg 7%

**Total Carbohydrate** 26g 9%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 46mg 4%

Iron 1mg 6%

Potassium 219mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

