

Sweet Potato Patties

Makes: 6 servings

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.

Notes

For variety, add some finely chopped apple.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	3.5 g	5%
Protein	3 g	
Carbohydrates	26 g	9%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	170 mg	7%

