

Sweet Potato Hash

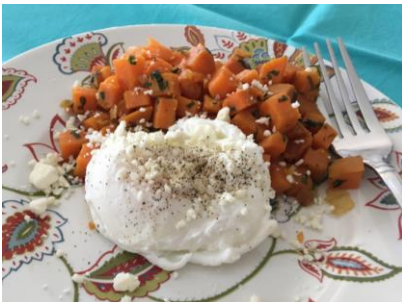
Serves 2.

Ingredients:

- 1 medium sweet potato
- ½ small onion
- 1 Tablespoon vegetable or olive oil
- ¼ cup water
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper, optional
- 2 Tablespoons chopped parsley
- 2 eggs
- 2 Tablespoons feta cheese

Directions:

1. Peel sweet potato and cut into ½-inch cubes. Cover with water and set aside. Cut onion into small dice.
2. Add oil to a medium skillet and place over medium heat. Add onions and cook until they become translucent, about 5 minutes.
3. Add sweet potatoes, water, salt, and pepper, if using. Cover and cook until water has almost evaporated and potatoes have started to soften.
4. Remove lid and stir. Cook until potatoes are starting to brown. Add parsley. Stir to combine.
5. Cook eggs as desired.
6. Top sweet potatoes with an egg and feta cheese.



Parsnip and Pear Smash-up

Serves 4.

Ingredients:

- 1½ pounds parsnips
- ½ teaspoon salt
- 1 large pear
- 3 Tablespoons butter



Directions:

1. Peel the parsnips. Cut into ½-inch cubes. Place in a medium saucepan. Add salt and water to cover parsnips. Cover saucepan and cook on medium for about 15 minutes or until parsnips are starting to soften.
2. Wash and core the pear. Cut into ½-inch cubes. Add pears to the parsnips. Continue to cook until parsnips and pears can be easily pierced with a fork.
3. Drain. Add butter and stir to mix butter with parsnips and pears. Mash with a fork or potato masher. Serve warm.

What are parsnips?

Parsnip is a root vegetable closely related to the carrot and parsley. The parsnip is a long, tuberous root with cream-colored skin and flesh. It looks similar to a cream-colored carrot. They are typically sold with a wax coating to prevent them from losing moisture. Leave the coating on until you are ready to cook parsnips.

Parsnips can be roasted, sauted, boiled or steamed and mashed.



WINTER RECIPES

In Partnership with:

Nebraska Extension
Buy Fresh Buy Local Nebraska
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Sweet Potato Fun Facts

1. Yam is a trade name for the sweet potato. Yams and sweet potatoes are not the same plant. Slaves called sweet potatoes “nyami” because it reminded them of the starchy, edible tuber of the same name that grew in their homeland.
2. Sweet potatoes are a member of the morning glory family and only distantly related to potato.
3. The young, tender leaves of the sweet potato plant can be eaten.
4. The flesh of the sweet potato ranges from white, red, pink, violet, yellow, orange, and purple.
5. Sweet potatoes are an excellent source of vitamins A and C, potassium, folic acid, and fiber.
6. The popularity of sweet potatoes is growing in the United States. In 2016, Americans consumed 7.2 pounds per person.
7. Sweet potatoes can be stored in a cool, dark place for 1 to 2 weeks.

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Carrot and Apple Salad

Serves 4.

Ingredients:

2 carrots
1 tart apple, such as Granny Smith
2 Tablespoons honey
2 Tablespoons extra virgin olive oil
2 Tablespoons apple cider vinegar
½ teaspoon salt

Directions:

1. Peel the carrots. Cut into ¼-inch thick slices. Set aside.
2. Cut apple and remove the core. Cut into fourths. Cut crosswise into ¼-inch thick slices.
3. Blanch the carrots. Bring a medium saucepan, half full of water to a boil. Add carrots and blanch for about 2 minutes. Drain. Add cold water to stop the cooking process. Drain and pat dry.
4. Add carrots and apple to dressing. Stir to combine.

Dressing: In a large bowl, combine honey, olive oil, and vinegar.



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Seasonal and Simple

Seasonal and Simple is an app from Nebraska Extension, in collaboration with the University of Missouri-Extension. Seasonal and Simple is a guide to help you select, store and prepare fresh fruits and vegetables. Recipes use simple preparations and seasonings, so you can taste the goodness of a fruit or vegetable at the peak of its flavor. Nutrients and associated health benefits are listed with each fruit or vegetable.

Use this guide to choose fruits and vegetables in season and get all the benefits — food that tastes good, is good for you and is reasonably priced

The app is available for Android and Apple systems.



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