

*Eat well with The Headingley Greengrocer
No. 1*



Sweet Potatoes

Sweet potatoes are a good source of fibre- even better when the skin is left on and high in vitamins and beta-carotene. They count as 1 of your 5 a day too!

Sweet potatoes are really versatile and can be cooked like ordinary potatoes- boiled and mashed(peel first), roasted, baked and fried.

Sweet Potato Wedges

Wash the potatoes and remove any gnarly bits. Cut in half lengthways and cut into 6-8 wedges each half. Drizzle with olive oil and add a pinch of your favourite spices: smoked paprika, cinnamon, cumin, chilli or cayenne pepper work well. Season and bake in the oven- Gas 6/200C /180C fan for 20-30 minutes until the flesh is soft and the skin is crispy.

Sweet Potato & Polenta Fries

Scrub the potatoes and cut into long chips, pour over 1 tablespoon oil and 1 tablespoon polenta (per potato), shake and put into a roasting tin in a single layer, roast in the oven for 45 minutes until crunchy. Shake the tin to move the potatoes around half way through cooking. Gas 6/200C /180C fan.

Baked Sweet Potatoes

Scrub the potato and bake in a hot oven Gas 6/ 200C /180 C fan for around 45 minutes until soft inside- great with beans and cheese, guacamole & kidney beans and chilli.

Vegetarian chilli - serves 4-6

2 medium sized **sweet potatoes**

1 teaspoon cayenne pepper

1 teaspoon cumin

1 teaspoon cinnamon

1 tablespoon olive oil

1 onion

1 red pepper, 1 yellow pepper

1 small bunch fresh coriander

2 chillies, 2 cloves garlic

2 x 400gr tinned cooked beans- kidney, pinto,

cannellini, chickpea etc

2 x 400gr tinned tomatoes

1. Pre heat the oven to Gas 6/200C
2. Wash the potatoes and cut into bite size chunks- no need to peel.
3. Put into a large roasting tray with a good pinch of each of the spices and salt and pepper, drizzle over the oil and shake well.
4. Roast in the oven for 30-40 minutes until soft and golden.
5. Roughly chop the peppers and onions, fry in a little oil until soft.
6. Finely chop the stalks of the coriander, chillies and garlic and add those to the pan, cook for a further 5 minutes. Add the spices.
7. Drain and rinse the beans, add to the pan with the tomatoes, stir well, breaking up large chunks of tomatoes, bring to the boil, then reduce the heat. Simmer for 25-30 mins.
8. Chop the coriander leaves, add to the chilli with the roasted sweet potatoes and stir through.

Serve with guacamole, natural yoghurt, grated cheese & tortillas.

Enjoy! All the ingredients can be found at the Headingley Greengrocer and at our sister shop opposite, the Natural Food Store.

<https://theheadingleygreengrocer.co.uk/>



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