

FoodSense with Chef Feker

Chef Feker's Famous Holiday Sweet Potatoes

Sweet potatoes are native to the tropical parts of South America and were domesticated there at least 5000 years ago. Along with simple starches, sweet potatoes are rich in complex carbohydrates, dietary fiber, beta carotene, vitamin C and vitamin B6. Pink and yellow varieties are high in carotene, the precursor of vitamin A. Sweet potato varieties with dark orange flesh have more beta carotene than those with light colored flesh.

Research has shown that sweet potatoes could be a key food for diabetics, as studies have revealed that they can help to stabilize blood sugar levels and to lower insulin resistance.

There are many ways to prepare a sweet potato. Baking is the best way to maintain the integrity of this ingredient, while keeping the greatest amount of nutritional value. Please enjoy my sought-after sweet potato recipe with your friends and family this holiday season! ~**Chef Michael Feker**

Serves 8

Ingredients

- 8 large sweet potatoes
- 1½ cups pure maple syrup
- 1 large cinnamon stick
- 1 Tbsp white pepper
- 1 tsp salt
- 1 tsp cumin
- Zest of 2 lemons
- 2 Tbsps fresh lemon juice
- ½ cup butter at room temperature
- 1 oz fresh sage, chopped
- 1 oz fresh thyme, chopped
- 1 oz fresh parsley, chopped

Directions

Place maple syrup and cinnamon stick in a pot and bring to a boil. Add lemon juice and reduce heat to a simmer to reduce by 1/3. Turn off and let cool.

Wrap sweet potatoes in foil and bake in a 400 degree oven for 50-60 minutes or until fork tender.

Meanwhile, whip butter with the herbs, lemon zest, salt, white pepper and cumin until smooth and aired. Set aside at room temperature but away from heat.

Once the potatoes are done, cut in half and score in a criss-cross pattern. Top with the butter and drizzle the maple syrup.



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