



## MEXICAN SWEET POTATO “RICE”

Chef@Market: Maggie Haren

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**S**weet potatoes are available year round, but your favorite produce stand has plenty of them right now! This week Pampered Chef and the Outdoor Kitchen are teaming up to make this delicious Pampered Chef recipe for a side dish that will be a flavorful addition to your **Thanksgiving table!** Using a Veggie Spiralizer, we string the sweet potatoes and then easily chop it into smaller bits. Sweet potatoes are a very healthy and nutritional way to get plenty of fiber and Vitamin A! They are delicious baked, boiled, sliced and diced!

THIS TAKE ON SWEET POTATO “RICE” INVOLVES SPIRALIZING THE SWEET POTATOES ON THE THIN SPAGHETTI BLADE, AND THEN CHOPPING THEM INTO SMALL PIECES THE SIZE OF RICE! WHAT A HEALTHY ALTERNATIVE TO NORMAL RICE!

- 2 large sweet potatoes, peeled, trimmed and cut in half
- 1 tsp canola oil
- 1 cup black beans, drained and rinsed
- 1 cup canned corn, drained
- 1/2 cup vegetable broth
- 1/4 cup chopped fresh cilantro
- 1 lime juiced
- 1/4 tsp salt
- 1 each seeded and chopped plum tomato



Spiralize the sweet potatoes with the **spaghetti blade** on the **Veggie Spiralizer**.

Place the potatoes on a cutting board. Working in batches, coarsely chop the sweet potato strings with a chef's knife until the size of rice (see Cook's Tip below).

Heat the oil in 12" Nonstick Skillet over medium heat 3-5 minutes or until shimmering. Add the potatoes, beans, corn, broth, cilantro, juice and salt; cook 4-5 minutes, or until the potatoes are tender, stirring occasionally.

Just before serving, top with the chopped tomato.

Yield:

6 servings of 3/4 cup

### **Maggie's Recipe Tips:**

- *Turning veggie “noodles” into “rice” is much easier when you work in small batches. Once you've spiralized all of your sweet potatoes, place them on a cutting board and separate into three piles. Use a chef's knife to coarsely chop, using a back-and-forth rocking motion, until each pile is riced.*
- *If you like your food a bit more spicy add a teaspoon of cumin and even a bit of Sriracha to make a sweet and spicy dish.*
- *Don't like the Mexican flair? Leave out the beans and the corn and add raisins, apple cider instead of lime juice and a little cinnamon and a little brown sugar for a totally new way to serve your traditional sweet potatoes!*

Ocean Pines Farmers Market – at White Horse Park - 239 Ocean Parkway, Ocean Pines, MD 21811  
Saturdays 8am to 1pm – Year-round