

AMERICAN
SWEET POTATOES

The VEGETABLE
of LIMIT-
LESS
POSSIBILITIES



American Sweet Potato

VERSATILE, like no other!

Sweet potatoes from the USA offer diversity in every aspect. From sweet to hearty, from crispy to creamy, from cooked to baked, from the appetizer over the main dish to the side or the dessert – the preparation variations of sweet potatoes are practically limitless, the culinary imagination knows no bounds. The natural sweetness of the orange root vegetable is visible through a broad range of different dishes. Combined with herbs and spices, the sweet potato reaches new, exciting flavor pairings will bright up the daily menu. With these multi-faceted preparation variations, sweet potatoes are a gift from nature for a varied diet — no matter morning, noon, or night.



Culinary Creativity AT ITS BEST

Modern cooking stands for culinary versatility – with a few changes to simple base recipes, a modern cook can magic up quick, creative, and wildly varied dishes. The base of the new ASPMI dishes are tasty classics like baked sweet potatoes, sweet potato soup, or mashed sweet potatoes. These can then be varied and pepped up depending on personal need or desire, making out of the soup recipe a yummy salad dressing while mashed sweet potato transform into tender and delicious Gnocchi. Use the ASPMI base recipes to build a varied and ever-fresh menu. Use your phone to scan the QR codes next to the dishes and find the full recipes online!

NUTRITIONAL VALUE per 100 g

Beta-Carotin	8.5 g
Potassium	337 mg
Vitamin E	0.26 mg
Vitamin C	30 mg
Fiber	3 g
Fat	0 g
Protein	1.6 g
Carbohydrates	23 g



Low Glycemic Index of 63-66

HEALTH BOOSTER

The sweet potato hits the spot in vitamin-rich, nutrition. It is healthy, variable, and filling without too many calories and all of that at an unbeatable price!



American Sweet Potato

Sweet Potato CUBES

Small, deliciou, and a perfect example of the culinary potential of the orange vegetable. The fastest and easiest way to add nutritional value and aroma to any dish.

Basic Recipe Sweet Potato Cubes

Peel a sweet potato and cut into bite-sized cubes. Boil for around 8 to 10 minutes until soft. Alternatively, roast them in the oven for 12 minutes at 180°C to give them that extra crunchiness.

USE YOUR PHONE TO SCAN THE QR CODES NEXT TO THE DISHES AND FIND THE FULL RECIPES ONLINE!



Roasted Sweet Potato PASTA WITH MEATBALLS

Loved by the whole family



Mediterranean Sweet Potato CASSEROLE

Ready - Set - Delicious



LAMB'S LETTUCE with Sweet Potato Cubes

Green and orange in perfect harmony



BAKED Sweet Potatoes

Hot, steamy, and just irresistible, freshly baked sweet potatoes are an absolute winner. Once cooled, the sweet and tender flesh can be used for countless mouthwatering preparations.

Basic Recipe Baked Sweet Potatoes

Wash sweet potato and pierce skin with a fork. Bake at 200°C for around 45 minutes until soft.

USE YOUR PHONE TO SCAN THE QR CODES NEXT TO THE DISHES AND FIND THE FULL RECIPES ONLINE!

Loaded Sweet Potato „ALSACE STYLE“ *Not your average pizza*

Sweet Potato Gnocchi WITH CREAMY SAUCE *Comfort food at its best*

HEARTY Sweet Potato Waffles *Savory take on the sweet classic*





VEGAN Sweet Potato PASTA-SAUCE

Plant power for every day



Sweet Potato MILKSHAKE

Brings everyone to the yard



Sweet Potato SOUP



Soup is an absolute staple in the kitchen and already tasty on its own. However, with a few simple steps, it can be so much more.

Basic Recipe Sweet Potato Soup

Peel and cut sweet potato, onion, carrot, and roast at medium heat until the onion is translucent. Add vegetable stock and puree into a smooth and creamy soup and season to taste with salt and pepper.



USE YOUR PHONE TO SCAN THE QR CODES NEXT TO THE DISHES AND FIND THE FULL RECIPES ONLINE!



Sweet Potato SALAD-DRESSING

The American Way of Salad



RAW Sweet Potatoes

Not everybody knows that sweet potatoes are also delicious when eaten raw. Thinly sliced, they add color and crunch and are a healthy and light snack and finger food.

Basic Recipe Raw Sweet Potatoes

Peel sweet potato and grate or cut thinly on a mandoline.

USE YOUR PHONE TO SCAN THE QR CODES NEXT TO THE DISHES AND FIND THE FULL RECIPES ONLINE!



Sweet Potato "ZOODLES" Low-Carb for Pasta Lovers



Sweet Potato Hashbrown WITH CURRY DIP USA meets Switzerland



Sweet Potato Carpaccio WITH BEETROOT A treat without the meat



HUNGRY for more?

You can find these and many more recipes online on our website. Get inspired and collect ideas for more delicious sweet potato variations. From appetizers to desserts and from the breakfast smoothie to the sweet afternoon baked goods, the ASPMI recipe database offers a broad range of diverse dishes to dig into.

www.en.sweetpotatoes.eu



Who WE are

The Non-Profit Organization American Sweet Potato Marketing Institute (ASPMI) informs interested consumers in Europe about sweet potatoes from America. You will find much more knowledge along with a ton of fun and yummy recipes and inspiration based around this orange root vegetable at www.sweetpotatoes.eu.



American Sweet Potato

AMERICAN SWEET POTATO MARKETING INSTITUTE

c/o mk² gmbh

Oxfordstr. 24 | 53111 Bonn | Germany

+49-228-943-787 0 | info@mk-2.com

Facebook: @americansweetpotatoes

Instagram: @us_sweetpotatoes