



UrbanHarvest

Fresh from the Garden

Sweet Potato Slaw

INGREDIENTS:

- 2 tbsp. lime juice
- 2 tbsp. olive oil
- 1 tbsp. red wine vinegar
- 1/2 tsp. ground ginger
- Salt and pepper, to taste
- 1 med. sweet potato
- 1 lg apple
- 4 radishes
- 2 stalks celery, diced
- 2 green onions, minced
- 1/4 c. cilantro, chopped
- 1/4 c. sunflower seeds

PREPARATION:

- Mix together the first five ingredients into a container with a shaker top and have students shake well.
- Peel and julienne the apple and sweet potato. Can also be roughly chopped or grated on side with larger holes. Add to salad bowl.
- Wash, trim and julienne or grate the radishes and add to bowl.
- Thinly slice or mince the celery and green onions and add to bowl.
- Chop cilantro or tear into smaller pieces by hand. Add to bowl.
- Combine all then drizzle with the dressing about 30 minutes before serving. Top with sunflower seeds prior to serving.

Nice crunchy flavor using ingredients harvested from your gardens!

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Sweet Potato Chips-n-Dip

INGREDIENTS:

- 2 tbsp. sunflower butter
- 1-2 tbsp. orange juice
- 1-2 dashes of cinnamon
- 1-2 med. sweet potatoes

PREPARATION:

- Add sunflower butter into a small bowl and combine with cinnamon using a fork. Add orange juice a little at a time and continue mixing with fork until the consistency is creamy like a dip.
- Peel sweet potatoes and cut in half lengthwise to make easier to handle.
- Slice sweet potato "chips" on a grater using the long slicing hole. Another option is to use a potato peeler to create long strips of "potato chips."
- Arrange on a plate placing bowl with dip in the center and enjoy!

Great opportunity to teach students how to enjoy dips without "double dipping."

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Roasted Sweet Potato Salad

INGREDIENTS:

- 4 med. sweet potatoes
- 5 tbsp. olive oil
- 1 tsp. each, salt & pepper
- 1/2 tsp. ground cumin
- 1/2 tsp. ground ginger
- 1 c. toasted sunflower sds
- 1 c. dried raisins
- 1/2 c. green onions
- 1 c. red pepper, chopped
- 1/2 c. olive oil + 1/2 orange
- 1 tbsp. fresh basil/cilantro
- 1/2 c. chopped greens

PREPARATION:

- Peel and cut sweet potato into 1-inch pieces.
- Mix potatoes with olive oil, salt, pepper, cumin and ginger.
- Roast until tender, about 25-30 min. at 425° F.
NOTE: This step can be done ahead of time if preparing in the classroom or garden.
- In a serving bowl, mix the remaining ingredients, squeezing 1/2 of orange over mixture.
- When cooled, add in the roasted potatoes then toss to coat and serve.

*Modification of original recipe by Chef Soren Pedersen,
Wilson Montessori School parent, 2014.*

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Grilled Sweet 'Taters

INGREDIENTS:

- 1 medium sweet potato
(per 12 students)
- 1 tbsp olive oil, per potato
- sea salt to taste

PREPARATION:

- Wash and peel sweet potato.
- Cut in halve, then cut each half into 1/4" slices.
- Put pieces in bowl and add olive oil to coat all pieces. (Can also use olive oil spray, if available.)
- Grill pieces by placing single layered on electric grill. Turn pieces over after 1-2 minutes when first side is browned.
- Sprinkle mixture with sea salt to taste.
- Serve while still warm and enjoy!

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