

VEGAN SWEET POTATO PIE BARS

From Vegan Richa

Prep Time: 5 mins Cook Time: 40 mins Total Time: 50 mins

Servings: 8



Ingredients

Snickerdoodle Crust:

- 1/2 cup almond flour
- 1/2 cup white flour. (For gluten free, use oat flour or gluten-free blend)
- 1/4 tsp salt
- 1/3 tsp cinnamon
- 3.5 tbsp coconut sugar or use any fine grain sugar of choice
- 2.5 to 3 tbsp oil, safflower or other neutral oil

Sweet potato layer:

- 1 1/4 cup (12.35 oz) sweet potato puree or pumpkin puree
- 1/4 cup (2.84 oz) maple syrup
- 5 tsp (2 tbsp) starch, cornstarch or arrowroot starch
- 1 tsp pumpkin pie spice, or use 1/2 tsp cinnamon, 1/4 tsp ground ginger, 1/4 tsp nutmeg, a pinch of cloves
- 1/2 tsp (0.5 tsp) vanilla extract
- 1/8 tsp (0.13 tsp) salt
- 1 tbsp oil, safflower or other neutral oil

Directions

- Preheat the oven to 350 degrees F. Line a loaf pan with parchment such that the parchment strip is hanging over the edge (see pics). Make the Crust: Add all the ingredients except oil in a bowl and mix well. Add 2 tbsp of oil and mix in with a spoon or your hand. Add more oil a tsp at a time to mix in until the crust starts to stick to make fat crumbs.
- Transfer mixture to the loaf pan (a stoneware or glass pan works better to keep the crust more shortbread like and reduce overbrowning). Press it down to form a well packed and even crust. Bake for 8 to 10 mins.
- Mix everything under the sweet potato layer until well combined. Pour over the baked crust. Bake for 35 to 45 minutes until the top is well set.
- Let it cool for 15 minutes, then gently remove from the pan. Chill for at least an hour before slicing. Longer chilling time (a few hours) makes for a better set top and much more spiced and buttery flavor profile. Serve as is or with a dollop of vegan vanilla ice cream or whipped coconut cream and a dusting of pumpkin pie spice.

POTATO OMELETTE

From Foodworks

Ingredients

- 1 (Grated) Potato
- 3 Egg
- 1 Tbsp Oil
- Salt
- 1/2 Tsp Pepper powder
- 1 Tbsp Butter



Directions

- Grate the potato
- Add 1 Tbsp oil in a pan and fry the grated potato till it turns soft and keep aside
- In a mixing bowl beat 3 eggs
- Add the fried potatoes
- Mix well
- Melt 1 Tbsp butter in fry pan
- Pour the egg potato mixture
- Cover and cook for 2 minutes
- Turn and cook for 1 more minute
- Remove from heat and serve hot



EASY HERB POTATO SALAD

From Inspired Taste

Prep Time: 15 mins Cook Time: 20 mins Total Time: 35 mins
Servings: 6

Ingredients

- 2 pounds small yellow or red potatoes
- 2 teaspoons Dijon mustard
- 1 1/2 teaspoons finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar or champagne vinegar
- 6 tablespoons extra virgin olive oil
- 3 medium scallions (green onions), thinly sliced
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh dill
- Salt and freshly ground black pepper, to taste

Directions

- Add the potatoes to a large stockpot and cover with water by 2 inches. Add 1 tablespoon of salt to the water, and then bring to a boil. Reduce to a simmer and cook until the potatoes are fork tender, 15 to 20 minutes. Drain then set aside to cool.
- When the potatoes are cool enough to handle, cut them into bite sized chunks or slice into thin rounds. Add to a large salad bowl.
- Whisk the mustard, lemon zest, lemon juice, vinegar, and olive oil together until creamy and emulsified. Season to taste with salt and pepper. Pour all but 1/4 cup of the dressing over the potatoes and toss. Set the potatoes aside for five minutes to absorb the dressing (it will look like a lot at first, but the potatoes will soak it up).
- Add the scallions and fresh herbs. Toss gently, but thoroughly. If the potato salad seems dry, add a splash of the remaining dressing. Serve warm or cover and refrigerate, and then serve the salad cold.

CREAMY LEEK & POTATO SOUP

From HealthNut Nutrition

Prep Time: 10 mins Total Time: 50 mins

Servings: 10

Ingredients

- 2 leeks sliced*
- 1 shallot sliced
- 4 cloves garlic minced
- 6 medium potatoes chopped**
- 6 cups of low sodium chicken or vegetable broth
- 1 tbsp chives finely chopped + $\frac{1}{2}$ tbsp. for garnish
- 2 sprigs of fresh thyme
- 1 dried bay leaf
- 2 tbsp extra virgin olive oil
- 1 tsp chunky sea salt
- $\frac{1}{2}$ tsp ground black pepper



Directions

- In a large soup pot on medium heat, add in your olive oil, onion, garlic and leek and sauté for 5- 10 min, keep stirring until leeks are soft.
- Next, add in chopped potatoes, broth, and spices, stir and bring to a boil. Once water is boiling, lower the temperature to low and cover for 30-40 minutes until potatoes are fork tender. Stir occasionally so nothing sticks to the bottom of the pot. I like to leave it simmering for an extra 10 minutes longer once the potatoes are cooked so the flavor and spices can combine very well.
- Once your soup has fully cooked, turn off the heat and allow to sit for 10-15 min. Transfer soup to a high-speed blender, I used a Vitamix. Blend until well pureed, you will probably have to do it in at least 2 batches based on the yield of this recipe.
- Once your soup is smooth, you can transfer it back to your soup pot or a fancy soup serving bowl and garnish with the remaining chives.

SHEPARD'S PIE POTATO SKINS

Ingredients

- 4 Russet Potatoes
- 2.5 Tbsp butter
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ cup milk
- 1 Tbsp olive oil
- 1 medium onion, chopped
- 8 oz lean ground beef
- $\frac{3}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp salt
- 2 Tbsp flour
- 1 cup beef broth
- 2 tsp Worcestershire sauce
- 1.5 cups frozen vegetable



Directions

- Wash, scrub and bake 4 Russet potatoes
- Slice off $\frac{1}{2}$ inch portion of baked potato and scoop out interior leaving $\frac{1}{4}$ inch of white potato flesh intact.
- Place white potato into bowl
- Add butter, salt, milk and mash until smooth
- In pan: add 1 Tbsp olive oil, onion, pepper, salt, and saute'
- Add 2 Tbsp flour, continue to stir. Then add in broth, Worcestershire sauce and continue to stir.
- Add in 1.5 cups frozen vegetables (peas and carrots work well) and stir.
- Simmer until sauce thickens and remove from heat.
- Fill potato shells with ground beef mixture to top.
- Pipette mashed potato mixture on top for decorative closure to potato skin
- Bake at 350 F for 15-20 minutes until golden brown on top.
- Optional, sprinkle with dried parsley flakes

POTATO CANDY

From Average Betty

Prep Time: 10 mins Total Time: 50 mins Servings: 10

Ingredients

- 1/3 cup mashed Idaho Russet Potato
- 1-2 TBSP half and half, cream or milk
- 1 teaspoon vanilla extract
- Dash salt
- 4-6 cups sifted powdered sugar
- 4-6 TBSP peanut butter



Directions

Prepare the Idaho Potato:

- Peel an Idaho Potato and slice it in half.
- Place the potato in a pot of water and bring to a boil. Cover and reduce the heat to low, and simmer until tender, about 15 minutes.
- Remove the cooked potato from the water and mash until smooth. Allow to cool.

Prepare the Potato Candy Dough:

- In an electric mixer combine mashed potato, half and half, vanilla and salt.
- Mix on low-speed, adding sifted powdered sugar a little at a time until a soft, pearly dough forms.
- Divide dough into 4 pieces and keep covered at room temperature.

Make the Potato Candy:

- Place a piece of plastic wrap on a wooden board. Dust with powdered sugar.
- Press out a piece of the dough onto the sugared plastic.
- Use a rolling pin and powdered sugar as needed, to roll out a thin (1/8"-1/4"), even disk of dough.
- Use a knife to cut the disk into a rectangle.
- Spread a thin layer of peanut butter on the rectangle.
- Carefully roll up, like a sushi-roll.
- Roll and seal in plastic wrap.
- Place rolls in the freezer for one hour.
- Unwrap rolls and slice into pieces.
- Decorate, share and enjoy.