

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH IVY TAYLOR
ALL RECIPES ARE BY IVY TAYLOR



Sweet Potatoes

Harvest Couscous Salad

- 1 1/2 cups couscous
- 1 tablespoon unsalted butter
- 1 1/2 cups boiling water
- 1/4 cup plain yogurt
- 1/4 cup good olive oil
- 1 teaspoon white wine vinegar
- 1 teaspoon curry powder
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup shredded carrots, chopped finely
- 1/2 cup minced fresh flat-leaf parsley
- 1/2 cup dried cranberries
- 1/4 cup blanched, sliced almonds
- 2 scallions, thinly sliced (white and green parts)
- 1 cup small-diced roasted sweet potatoes

Directions:

Place the couscous in a medium bowl. Melt the butter in the boiling water and pour over the couscous. Cover tightly and allow the couscous to soak for 5 minutes. Fluff with a fork.

Whisk together the yogurt, olive oil, vinegar, curry, salt, and pepper. Pour over the fluffed couscous, and mix well with a fork. Add the carrots, parsley, dried cranberries, almonds, scallions, and roasted sweet potatoes, mix well, and season to taste. Serve at room temperature.

MORE RECIPES ON THE BACK! 

Black-eyed Pea and Roasted Sweet Potato Salad

4 large sweet potatoes, peeled, cubed and roasted
4 cups black-eyed peas, cooked and drained (or use frozen)
2 whole red bell peppers, diced
1 cup chopped Italian flat leaf parsley
1 cup goat cheese, crumbled
1/2 cup red wine vinegar
1/4 cup honey
1 cup salad oil
1 T crushed red pepper flakes (optional)
2 T lemon juice

DIRECTIONS

Combine roasted sweet potatoes, red bell peppers, black-eyed peas, parsley in large bowl. Mix the dressing ingredients in a small bowl and toss with vegetables. Season with salt and pepper to taste. Top with crumbled goat cheese.

Maple Bacon Cream Sauce

1 cup heavy cream
1 cup maple syrup
8 oz. cream cheese, softened
1/2 cup chopped cooked bacon (about 10 slices of bacon)

DIRECTIONS

Place softened cream cheese in a saucepan. Gradually whisk in heavy cream and maple syrup, a small amount at a time and whisk continually until a smooth mixture. Add bacon and mix until combined. Use as a dipping sauce for sweet potato fries or as a topping for a baked sweet potato.

SWEET POTATO CASSEROLE

CRUST

1 cup brown sugar
1/3 cup flour
1 cup chopped pecans
1/4 cup butter, melted

SWEET POTATO MIXTURE

3 cups roasted sweet potatoes
1/2 cup brown sugar
1/2 teaspoon salt
1 teaspoon vanilla extract
2 eggs-- well beaten
1 stick butter-- (1/2 cup) melted

How to make it

Combine brown sugar, flour, nuts and butter in mixing bowl. Set aside.
Preheat oven to 350 degrees.
Place sweet potatoes, sugar, salt, vanilla, eggs and butter in a food processor in the order listed. Combine thoroughly.
Pour mixture into buttered baking dish.
Sprinkle the surface of the sweet potato mixture evenly with the crust mixture.
Bake for 30 minutes. Allow to set at least 30 minutes before serving.
Serves 6
Hint: Double the recipe. People will love the leftovers, which also freeze beautifully.

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TO PREPARE OUR SPOTLIGHTED ITEM: APPLES!



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