



yourhealth

SECTION H

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Use sweet potato to add seasonal taste to waffles

Sweet potatoes are one of this season's best offerings, especially when folded into waffles.



peaks and gently fold into the batter.

White whole-wheat flour may be substituted for whole-wheat.

For a lighter waffle, separate the egg yolks from the whites, mixing the yolks with the sweet potato. Then, after your batter is ready, whip the whites into soft

Michelle Dudash of Scottsdale is a registered dietitian and Le Cordon Bleu-trained chef. Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.



Sweet potato waffles, served with toasted pecans and syrup, are easy and healthy. MICHELLE DUDASH

Whole-Grain Sweet-Potato Waffles with Orange and Cinnamon

From Michelle Dudash

- 1 large orange sweet potato or yam, about 1 cup cooked, mashed
- 4 eggs
- ¼ cup expeller-pressed canola oil
- ¾ cup low-fat milk
- 1½ teaspoons grated orange zest
- 1½ cups whole-wheat pastry flour (in the natural food section)
- ½ cup fine whole-grain cornmeal
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- Expeller-pressed canola oil spray

Poke the sweet potato six times with a fork, and microwave until fork-tender in the middle, about 4-7 minutes. When cool enough to handle, peel and mash the potato in a large mixing bowl

until smooth. Preheat the waffle iron.

Crack the eggs into the same bowl and whisk until blended. Stir in oil, then milk and orange zest. At once, add flour, cornmeal, baking powder, salt and cinnamon and stir just until moistened. Do not over-stir, or waffles will be tough. The batter will be thick, but pourable.

Spray waffle iron with oil. Pour a 1-cup scoop of batter evenly over the griddle and close the lid. Cook 3½-4 minutes until it no longer emits steam and the waffle is golden brown. Continue to cook the remaining batter. Serve hot with light butter, toasted pecans and real maple syrup, agave nectar or honey.

Store leftover waffles in the refrigerator up to three days or freeze up to two months in well-sealed container. Reheat in toaster. Makes 6 servings.

Nutrition per serving: 230 calories, 5 g total fat (1 g saturated, 0 g trans), 511 mg sodium, 126 mg cholesterol, 36 g total carbohydrate (5 g fiber), 11 g protein.