

Sticky Fingers Cooking®

Sweet Potato Superpower Samosas

By Erin Fletter

Prep Time 20 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

fry: to fry in a pan in a small amount of fat.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

Equipment

- Nonstick skillet
- Medium mixing bowl
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Clean damp kitchen cloth or paper towel
- Can opener
- Cutting board
- Kid-safe knife
- Wooden spoon

- Heat-resistant spatula or tongs

Ingredients

Sweet Potato Superpower Samosas

- Dough:

- 1 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******

- 1/2 tsp salt

- 1 T vegetable oil ****** + more for cooking

- water to make a stiff dough

- Filling:

- 1 C canned unsweetened cut sweet potatoes or yams

- 1 green onion

- 1/4 lemon

- 1 T vegetable oil ******

- 1 tsp mild curry powder

- 1 tsp salt

- 1 pinch ground black pepper

Food Allergen Substitutions

Sweet Potato Superpower Samosas

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Instructions

Sweet Potato Superpower Samosas

measure + mix

Time to make the samosa dough! In a medium mixing bowl, have kids measure **1 cup flour**, **1/2 teaspoon salt**, and **1 tablespoon vegetable oil** and mix together nicely with fingertips. Count to 10 in Hindi while mixing: 1 ek (ehk), 2 do (doh), 3 teen (theen), 4 chaar (chahr), 5 paanch (pahnnch), 6 chhe (tcheh), 7 saat (saht), 8 aaht (aht), 9 nau (noh), 10 dash (duhss).

add + cover + rest

The flour should be well mixed with the oil. This will make crispy samosas! Then, add **water** a little at a time to make a stiff dough. Cover the dough with a damp cloth (to prevent it from drying) and let it rest for 5 to 20 minutes. In the meantime, the kids can prepare the filling.

chop + squeeze

Have kids chop **1 cup cooked sweet potatoes** and **1 green onion** into small bits. Squeeze the juice from **1/4 lemon** over the top of the chopped sweet potatoes.

sauté + add + stir

Sauté the chopped green onion in a skillet with **1 tablespoon vegetable oil** for 2 to 3 minutes, stirring occasionally, until soft and golden brown. Add **1 teaspoon mild curry powder**, **1 teaspoon salt**, and **1 pinch of black pepper** and cook, stirring, until fragrant, about 1 minute. Then, stir in the chopped sweet potatoes and turn off the skillet. Mix well and let cool.

roll + cut + fill + seal

Roll out the dough until it is very flat and have kids cut out triangles. Place a heaping tablespoon of the potato mixture into the center of each triangle of dough. Have kids gather the corners of the dough and pinch to form a point. Pinch all of the seams to seal.

heat + fry

Adults heat some vegetable oil in a nonstick skillet over medium-high heat on your stovetop. Add the samosas and fry on each side for about 2 to 3 minutes until golden brown. Serve warm and dip into a chutney, like our **Indian Mint Chutney!**

Featured Ingredient: Sweet Potato!

Hi! I'm Sweet Potato!

"Sweet potatoes are root vegetables, like beets and carrots! We're very popular in the Fall, especially for holiday dinners, where you might find us baked whole or sliced and diced as part of a side dish. We also pair well with fruit and other vegetables in salads and casseroles."

History

The sweet potato originated in Central or South America, and people began cultivating them in Central America at least 5,000 years ago.

Sweet potatoes have been grown in Peru for almost 3,000 years and remain one of the major crops for people in Peru.

When Columbus arrived in the New World, Native Americans were already growing and utilizing sweet

potatoes. Columbus brought sweet potatoes back to Europe, and other explorers brought them from the New World to Asia.

Sweet potatoes were cultivated widely in Colonial America and were a significant form of sustenance for farmers and soldiers during the Revolutionary War.

As far as records show, orange sweet potatoes originally came from Puerto Rico and were named "yams" by Louisiana farmers to differentiate them from the white-fleshed variety grown in other parts of the country. Indeed, the sweet potato is officially the state vegetable of Louisiana! It's also North Carolina's official state vegetable.

George Washington grew sweet potatoes on his estate at Mount Vernon, Virginia.

North American supermarkets import much of their sweet potatoes from the Caribbean.

February is National Sweet Potato month!

Anatomy & Etymology

Sweet potatoes are edible roots, not tubers like potatoes. Actually, sweet potatoes aren't related to potatoes but are part of the Morning Glory family. Plants from this family produce beautiful flowers whose seeds were revered for their laxative properties by the Chinese.

The flesh of sweet potatoes can be white, yellow, orange, or even purple!

Enslaved African-Americans called the sweet potato "nyami" because it reminded them of the starchy, edible tuber from their homeland. "Nyami" is a Senegalese word that was eventually shortened to "yam." Sweet potatoes are often confused with yams, and this is why!

How to Pick, Buy, & Eat

Sweet potatoes are eaten by people worldwide as they are a hearty crop that packs a lot of nutrition.

It's best to store sweet potatoes in cool, dark, and dry places. They won't last as long in the fridge.

Small, firm sweet potatoes tend to be sweeter and creamier. Large sweet potatoes contain more starch, as they've had more time to grow and develop the starches. Look for smooth, firm, even skin.

Sweet potatoes should be cooked, not eaten raw. You can use them in many savory and sweet recipes.

Sweet potatoes make an excellent side dish—you can bake, mash, or boil them—and their nutritional benefits are increased when combined with healthy fats, like avocado, butter, or olive oil!

If they had their say, sweet potatoes might like to be known as everyday veggies rather than just for special occasions. For example, we in the United States eat more sweet potatoes around Thanksgiving than at any other time. But sweet potatoes are available year-round and should be enjoyed more often because of their benefits!

Nutrition

Sweet potatoes are very nutritious! Their color can tell us which nutrients they contain (like many vegetables and fruits!).

If a sweet potato is orange, it contains beta-carotene (other orange foods that contain this nutrient include carrots, shrimp, and oranges). Can you hear the name of a familiar vegetable in the word "beta-carotene?" Carrot! We know that beta-carotene is good for our eyes and skin. Have you ever been asked to eat your carrots because they are good for your eyes? Beta-carotene is why!

Sweet potatoes also have vitamin K, which helps our blood clot. When we get a cut, our blood clots to stop the bleeding, and vitamin K helps with this!

We often talk about fiber when we reveal our Surprise Ingredients because vegetables and fruits contain a lot of fiber. Sweet potatoes are no exception. So what does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines.