

FARM TO CAMPUS MARKET  
DINING SERVICES PRESENTS:

“CAMOTE”  
CANDIED SWEET POTATOES

INGREDIENTS

1 lb. Sweet Potatoes, washed, peeled  
1 + 2/3 cup Water  
1 pinch Whole Cloves  
1/4 tsp. Anise Seeds  
1/4 tsp. Cinnamon Stick  
3/4 cup Brown Sugar  
1/4 cup Molasses  
1 tsp. Fresh Orange Zest  
1 pinch Salt

Makes 5 portions

RECIPE DIRECTIONS

1. Preheat oven to 300°F.
2. In a large pot, combine the water, cloves, anise seeds, cinnamon sticks, brown sugar, molasses, orange zest, and salt.
3. Bring the mixture to a boil, then reduce the heat and cook until the liquid has been reduced by half and becomes syrupy.
4. While syrup is reducing, cut peeled sweet potatoes into 1” slices and then cut into wedged pieces.
5. Lay the potatoes out on a greased or parchment paper-lined pan.
6. Strain the syrup to remove the spices.
7. Evenly drizzle the potatoes with the spiced syrup.
8. Roast the potatoes until they are tender (about 1 hour), basting them with syrup about every 15 minutes.

WHY IT'S “SMART”

1. Orange-fleshed sweet potatoes are rich in beta-carotene. Purple-fleshed sweet potatoes are rich in anthocyanins. Both are plant phyto-chemicals that can help prevent chronic diseases, like cancer.
2. Did you know that sweet potatoes have as much or more potassium than a banana? Potassium helps maintain fluid balance and is part of the control mechanisms that allow muscle contractions and nerve signals.

TIPS & TRICKS

This recipe is a great side dish for any meal. Pair with a lean protein, fruit and whole grains for a balanced meal.

*Don't have certain ingredients? Try these swaps!*

- Ground cloves
- Fennel seeds or allspice in place of anise
- Ground cinnamon
- Syrup or honey in place of molasses



Auxiliary Services  
Dining Services

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