UCI Health

Okinawan purple sweet potato with miso-edamame smash

Ingredients

Sweet potatoes

- 2 Okinawan purple sweet potatoes, scrubbed (Stokes purple or Japanese purple yam)
- 1 teaspoon extra-virgin olive oil or toasted sesame oil, for roasting
- ½ lemon, juiced

Pickled scallions

- 3 scallions, thinly sliced (green parts only)
- 1 teaspoon fresh ginger, finely grated
- 1 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- 1 pinch red pepper flakes (optional)
- 1 tablespoon black sesame seeds, toasted

Miso-edamame smash

- 1 cup frozen, shelled edamame, thawed
- 2 tablespoons white miso (shiro miso)
- 1 tablespoon tahini
- 1 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- 1 garlic clove, finely grated
- Warm water as needed (to thin filling)
- Microgreens or shiso leaf, garnish

Nutritional information

Total cost: $8.95/$2.24 per serving

Serves: 4

Calories: 205 per serving

Directions

- Preheat oven to 400°F, line baking sheet with parchment paper.
- Halve potatoes lengthwise, squeeze lemon juice over the cut flesh.
- Brush lightly with oil and place cut-side down on baking sheet.
- Roast 35-40 minutes until completely tender and caramelized at the edges. Skin should be slightly crisp and and flesh deep purple.
- Combine the scallions, grated ginger, rice vinegar, sesame oil and red pepper flakes, if using. Set mixture aside to let scallions soften and pickle lightly.
- In a food processor (or bowl and masher) combine edamame, white miso, tahini, rice vinegar, sesame oil, grated garlic and black sesame seeds.

Recipe and photo by Jessica VanRoo, executive chef of the Susan Integrative Health Institute, part of UCI Health.

- Pulse or smash to a rough consistency (not a smooth purée). Visible pieces of edamame provide color and texture. Add warm water to thin mixture, as needed. Taste to adjust vinegar-to-miso balance.
- Remove potatoes from oven and flip cut-side up.
- Using a spoon, gently press center of each half to create a shallow well. Leave ½-inch border of potato flesh intact so the skin holds its shape.
- Add generous spoonful of miso–edamame into each well, mounded slightly.
- Top each potato with pickled scallions .
- Garnish with black sesame seeds and microgreens or shiso leaves.
- Serve immediately. Do not cover or steam will dull colors.