

Trim Healthy
W I S D O M

Sweet Potato Hack (E)

Baking up a bunch of sweet potatoes each week is a brilliant way to achieve success on your wisdom journey. But there's an issue with sweet potatoes... as healthy as they are... unless they're there... staring at you... all cooked, ready, and waiting... most of us forget to eat them. Out of sight, out of mind. Any hands raised? This hack makes sure they're right in your face when you open your refrigerator door and that they're cooked in the healthiest and most blood-sugar-friendly way.

The health benefits of sweet potatoes are discussed in great detail in the big Wisdom book, but briefly... they offer fantastic prebiotic food to help increase healthy microbes in your gut, and they also help release incretin hormones. They are packed with heart-healthy, disease-fighting polyphenols, which only get stronger in potency when baked. Baking your sweet potatoes increases their polyphenol content by a whopping 300%. Baking also offers you 30% more vitamin A than with other cooking methods like boiling. Another shout out for baking... it keeps the skin on your potato, which is important as so many of the nutrients are in the skin. Sweet potato skin has up to four times the antioxidant activity of the flesh. Boon - the crockpot method outlined here keeps the skin even softer than the slow oven method if you prefer a softer texture. It requires no foil or parchment either. You don't even have to prick your potatoes as they cook so slowly that they don't let out steam.

The trouble with typical baking methods is that a quick bake on high heat can make a sweet potato higher on the glycemic scale. Starch and sugars rise with the high heat. A slow, low bake keeps the glycemic level lower. So, if you have testy blood sugar, a slow bake will be kinder to you. We don't have testy blood sugar, but we prefer the caramelized, soft texture that comes with a slow bake. So delectable!

Once you've cooked your potatoes, don't miss the step of putting your sweeties in the fridge. This raises their resistant starch significantly, which means they'll be even easier on your blood sugar. and they'll keep you full for longer. You don't have to eat them cold, though... heating them after refrigerator cooling doesn't decrease the resistant starch transformation. They'll last close to a full week in the fridge and provide you with many quick, healthy meals.

Multiple Serve

INGREDIENTS:

- Sweet Potatoes (any desired amount)

INSTRUCTIONS:

Crockpot Method



1. Place washed sweet potatoes in the crockpot (you can go two layers deep if you want to cook a lot at a time; however, going to three layers might be too much).
2. Cook on LOW for six to eight hours or on HIGH for three to four hours or until flesh is soft and easily pierced with a fork.
3. Allow potatoes to cool a little on a plate, then transfer to the refrigerator in a sealed bag or container.

Oven Method

1. Place a cookie sheet in the bottom of the oven or line the bottom with foil (this will protect the bottom of your oven from oozing sweet potato mess), and then preheat the oven to 300°F.
2. After washing, pierce each sweet potato several times.
3. Bake for 1½–2 hours or until flesh is soft and easily pierced with a fork.
4. Allow potatoes to cool a little on a plate, then transfer to refrigerator in a sealed bag or container.

Protein Nerd Notes:

Sweet Potatoes are not a protein source. You will need a full 25–30 grams of protein with your meal or snack... you know what to do!