

Sweet Potato

Summer



BBQ with  
American  
sweet potatoes



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# Flavor Pairing Time!

With their unique taste, US sweet potatoes are an ideal ingredient for numerous BBQ dishes as their sweetness works perfectly with hearty, smoky flavors. Even though they pair well with everything, there are some ingredients that especially enhance their aroma:

## Meat

- Chicken
- Beef
- Bacon
- Pork

## Spices

- Chili
- Pepper
- Rosemary
- Thyme

## Fish

- Alaska Pollock
- Pacific Cod
- Pacific Salmon

## Marinades/Sauces

- Maple Syrup
- Honey
- Olive Oil

## Dairy Products

- Halloumi
- Feta
- Curd Cheese

## Veggies & Fruits

- Avocado
- Citrus Fruits
- Onion
- Mushrooms
- Garlic



# Sweet, Sweet, Summer



There is nothing better...

... than a BBQ on a warm summer evening with good friends and tasty food. The classic would be a simple cut of meat but there are millions of other creative and delicious options that are worth trying – like American sweet potatoes.

These culinary allrounders are the perfect meat substitute. No matter if grilled, smoked, boiled, steamed, or fried, the orange sweethearts are a real treat and a highlight at every BBQ.

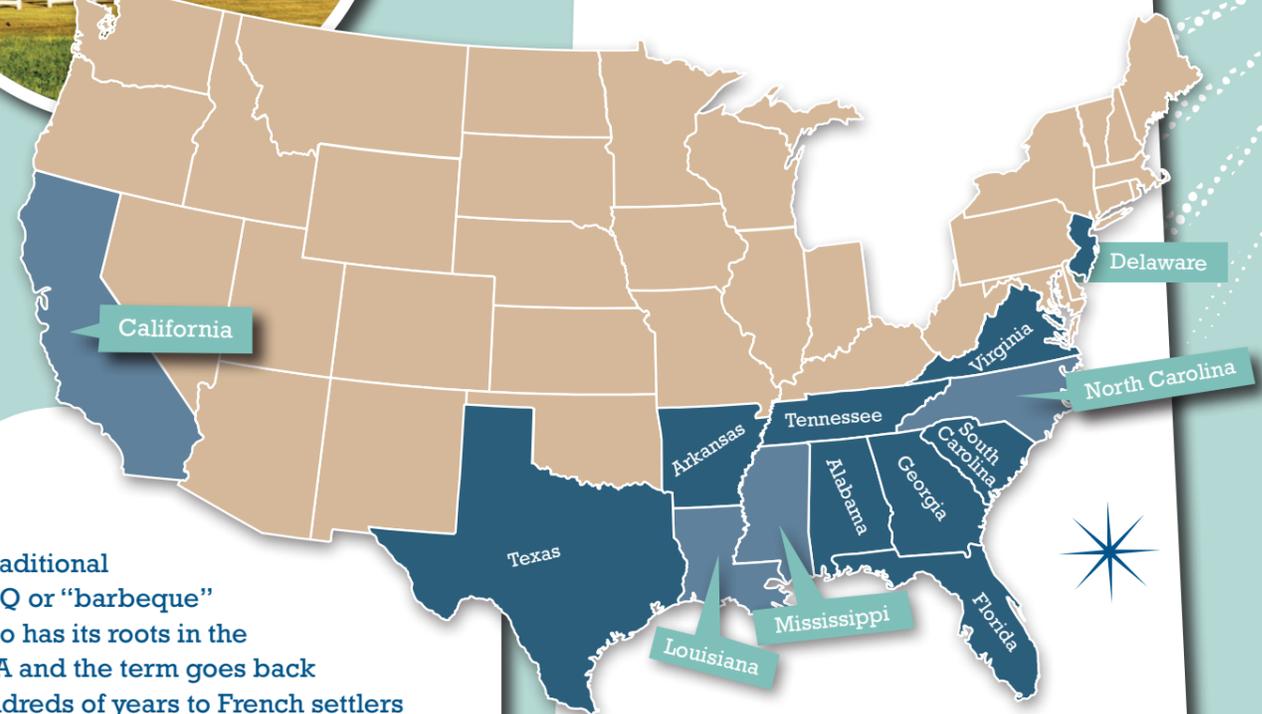
How about a juicy sweet potato patty for the next burger or some tasty wedges or fries for immediate snacking? American sweet potatoes can be served in countless ways and shine in main courses, side dishes or appetizers. Because of their natural sweetness, they can even be turned into mouthwatering desserts like sweet potato crème brûlée or soft and comforting brownies. Incredibly versatile, the orange veggies are a must-have at any summer party.



# Crown in the USA



For centuries, sweet potatoes have been cultivated in the USA and have become a staple of American cuisine. They are harvested by hand and stored in air-conditioned warehouses for up to twelve months. During the storage period the starch in the sweet potatoes converts into sugar, giving the orange veggie its unique and delicious aroma.



Traditional BBQ or "barbeque" also has its roots in the USA and the term goes back hundreds of years to French settlers in the 17th century, who hunted and roasted whole bisons saying they grilled the meat from beard to tail, which in French translates into "barbe-à-queue". Despite these rough beginnings, today's BBQ is a versatile and innovative style of cooking that does not only include meat but also an endless range of delicious sides and creative vegetarian options.



Considering their popularity in the United States, it is not surprising that sweet potatoes quickly became an essential part of BBQ culture and are used in countless different ways. Be inspired and fire up the grill!



# Sweet - Savory - Sensational



## SWEET POTATO - CHICKEN - SKEWERS IN HONEY MUSTARD MARINADE

Skewers reinvented - nobody can resist this tasty combination of chicken and sweet potato. Light and delicious for a low-carb BBQ.

# Sweet'n Turf

## BAKED SWEET POTATO WITH GRILLED SALMON

The combination of fish and meat is a culinary classic, but how about this tasty duo: fish and sweet potato. Combined, they make the perfect summer dish!



The sweet  
classic



**GRILLED  
SWEET POTATO STICKS**

Sweet potato fries are the perfect addition to any meal, especially to a BBQ. Served with a flavorful dip, they are simply delicious and always eaten first.

Veggie  
Champion

**ROASTED SWEET POTATOES  
WITH CHAMPIGNON SKEWERS**

This delicious recipe shows that a tasty BBQ does not require meat! The savory champignon skewers pair perfectly with the aroma of the sweet potato. Just yummy.



Find these and more delicious recipes at: [www.sweetpotatoes.eu](http://www.sweetpotatoes.eu)

A Real  
Power-Veggie!



Sweet potatoes provide the body with important minerals which can also be found in animal products such as calcium, magnesium, and potassium. This makes them a perfect meat substitute. The orange tubers are also a good source for vitamin C, E, B6 and iron. The high content of beta-carotene, which is converted by the human body into vitamin A, is the reason for their bright orange color.

Due to the complex carbohydrates, sweet potatoes provide the body sustainably with energy and prevent food cravings. Ideal for an active and healthy lifestyle. So, what are you waiting for, let's get ready for a veggie BBQ!

**Carbohydrates & Protein**

100 g of sweet potato provide 20 g carbohydrates, 2 g protein and do not contain any fat.

**Vitamin A**

Sweet potatoes are packed with beta-carotene which is converted into vitamin A and supports eye vision, bone strength and the immune system.

**Vitamin E**

Already a small portion of sweet potatoes provides the daily requirement of vitamin E.

**Dietary Fibers**

4 g of dietary fibers per 100 g secure sweet potatoes a top rank in all diet plans.

**Calories**

A medium-sized sweet potato (300 g) has around 260 calories.





# Who\* we\* are?\*

The non-profit organization American Sweet Potato Marketing Institute (ASPMI) informs customers in Europe about sweet potatoes from the U.S.

Visit us to read more about the orange vegetable and get inspired by our delicious recipes:

[www.sweetpotatoes.eu](http://www.sweetpotatoes.eu)



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