



Bako Sweet Japanese Sweet Potato Stir-fry

Remove the skin of the Japanese Sweet Potato prior to cooking to improve the flavor of this potato, as the skin has a slight bitter flavor.

The Japanese Sweet Potato can be cubed for roasting, steaming or stir-frying. It cooks quickly at a higher heat setting than other varieties of sweet potatoes. It has dense flesh that has a low moisture content.

- 1½ cups Bako Sweet Japanese Sweet Potato, peeled and cubed
- 3 cups sugar snap peas, trimmed
- 1½ cups celery, thinly sliced
- 1 cup Sweet Onion, diced
- 2 tsp dark sesame oil
- 2 tsp minced peeled fresh ginger
- ¼ tsp salt
- 1 Tbsp minced garlic
- 2 Tbsp hoisin sauce
- 1 Tbsp low-sodium soy sauce
- ½ tsp cornstarch



Heat oil in a large nonstick skillet over medium-high heat. Add ginger, salt, and garlic; stir-fry 30 seconds. Add Japanese Sweet Potato, onions and celery; stir-fry 5 minutes add sugar snap peas in the last 2 minutes.

Combine the last 4 ingredients in a small bowl. Add sauce mixture to skillet; stir-fry 1 to 2 minutes more or until thick and vegetables are crisp-tender.

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