

## Shopping list for Sweet Potato Demonstration

Below are the minimum amounts needed to prepare the recipes as written for the demonstrations. These recipes generally are scaled for 4-6 full sized servings. Figure that a serving might be 3-4 samples for taste testing. Therefore, this shopping list will buy the food needed to provide samples to 12-24 people. If you anticipate seeing more than that number of people, scale the shopping list accordingly.

### Sweet Potato Shopping List

8 sweet potatoes  
3 white potatoes  
3 green onions  
1 red onion  
2 gloves garlic  
2 slices crispy cooked bacon  
1/3 cup low fat mayonnaise  
1/8 cup Dijon mustard  
1/4 cup balsamic vinegar  
1/2 teaspoon ground turmeric  
1 cup flour  
2 cups brown sugar  
2 teaspoon cinnamon  
2 teaspoon baking soda  
5 tablespoons oil  
1/2 teaspoon dried oregano  
1 teaspoon chili powder  
2 teaspoon ground cumin  
4 eggs  
1 cup grated sharp cheddar cheese  
8 tortillas  
salt  
pepper

### Optional Ingredients

Salsa  
Sour cream  
Cayenne pepper  
Chocolate chips  
Chopped pecans