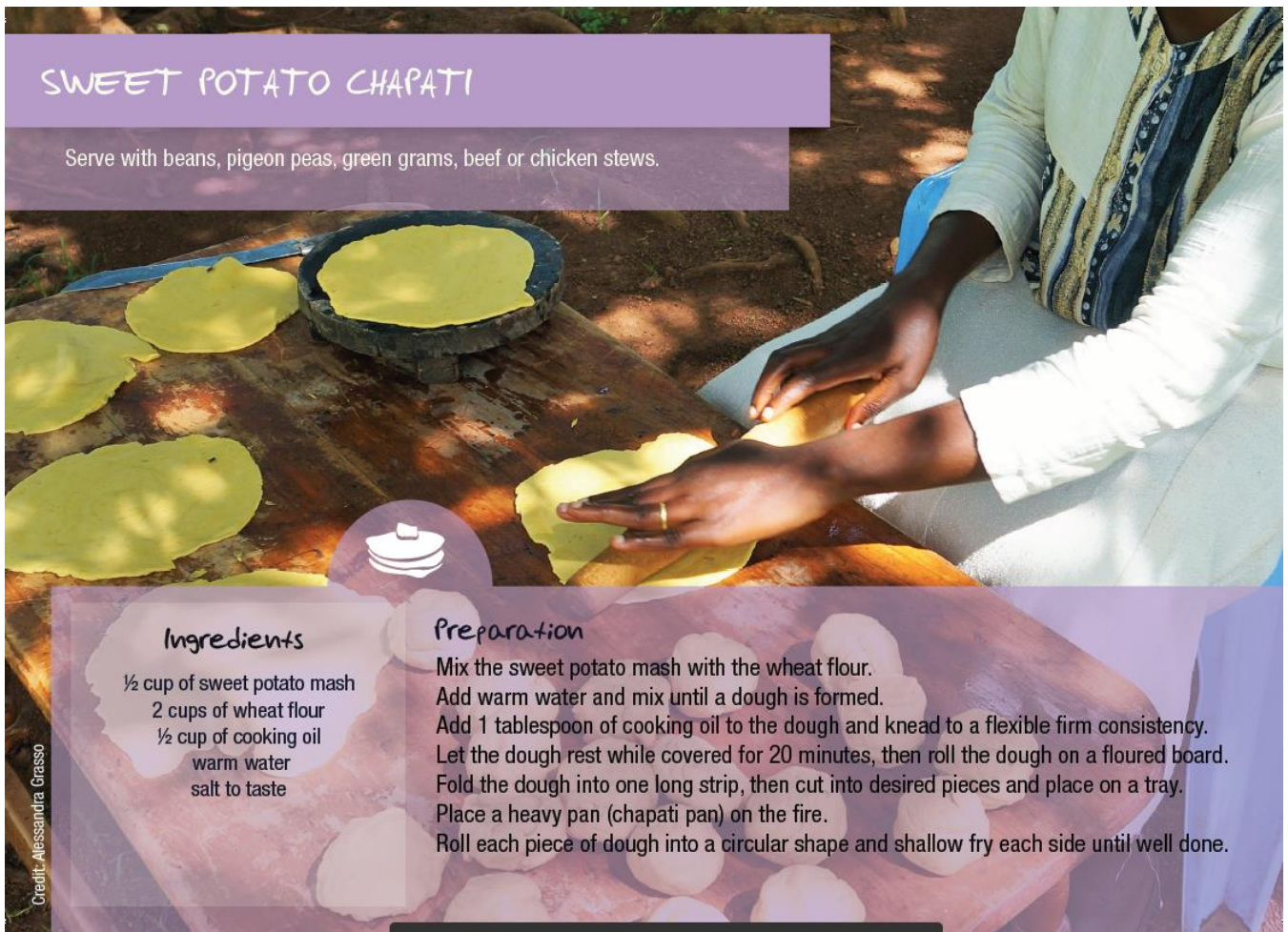


SWEET POTATO CHAPATI

Serve with beans, pigeon peas, green grams, beef or chicken stews.



Ingredients

- ½ cup of sweet potato mash
- 2 cups of wheat flour
- ½ cup of cooking oil
- warm water
- salt to taste

Preparation

Mix the sweet potato mash with the wheat flour. Add warm water and mix until a dough is formed. Add 1 tablespoon of cooking oil to the dough and knead to a flexible firm consistency. Let the dough rest while covered for 20 minutes, then roll the dough on a floured board. Fold the dough into one long strip, then cut into desired pieces and place on a tray. Place a heavy pan (chapati pan) on the fire. Roll each piece of dough into a circular shape and shallow fry each side until well done.

Credit: Alessandra Grasso

Sweet potato (*Ipomoea batatas*):

Large, starchy and sweet tasting, these potatoes are tuberous roots rich in complex carbohydrates, beta carotene (a vitamin A equivalent nutrient), vitamin C, and vitamin B6.

Nutritional value per 100g (raw) of:

Sweet potato

Calcium	26 mg
Iron	1.1 mg
Magnesium	16 mg
Phosphorus	40 mg
Potassium	330 mg
Sodium	19 mg
Zinc	0.39 mg
Vitamin A	397 mcg
Vitamin E	0.23 mg
Vitamin B1	0.09 mg
Vitamin B2	0.05 mg
Vitamin B3	0.7 mg
Vitamin B6	0.2 mg
Folate	52mcg
Vitamin C	31 mg

