FOR IMMEDIATE RELEASE
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Raleigh woman’s Sweet Potato Breakfast Casserole wins sweet potato recipe contest

RALEIGH – Christi Broadway of Raleigh won first place and $250 in the N.C. Sweet Potato Commission’s Sweet Potato Tailgating contest for her Sweet Potato Breakfast Casserole Saturday at the N.C. State Fair.

Carol Brown of Mebane earned second-place honors and $175 for her Sweet Potato Power Salad recipe. Third place and $125 went to Priscilla Barbry of Raleigh for a Quick and Easy Sweet Potato Cream Cheese Danish recipe. Honorable mention and $75 went to Laura Kraft of Raleigh for her Malaysian Curry Puff.

All recipes had to include at least 1½ cups of fresh sweet potatoes and entries were judged based on taste, most creative use of sweet potatoes and preparation time.

The winning recipe follows:

**Sweet Potato Breakfast Casserole**

2 medium sweet potatoes
1 pound of Italian sausage or breakfast sausage
1 green pepper, diced
1 red pepper, diced
6-8 eggs
1/2 cup of almond milk
Salt and pepper
1 teaspoon of garlic powder
1 teaspoon of onion powder

**Directions:**

1. Heat oven to 350 degrees.
2. Cook and crumble sausage. Drain the excess grease and set it aside.
3. Cube sweet potatoes into bite-sized pieces and cook in some cooking oil in a skillet until soft, for about 15 minutes.
4. Combine the sausage, sweet potatoes and peppers and pour evenly into a 9x13 baking dish.
5. In a bowl, whisk together the eggs, milk, salt and pepper (a few shakes of each), garlic powder and onion powder. Pour evenly over the sausage mixture.
6. Bake for 45 minutes, or until the eggs are cooked.