

# "Sweet Life" Sweet Potato Focaccia

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*Jessie Grearson, Falmouth, Maine*

“This focaccia includes extra nutrition and fiber through its use of sweet potatoes, which adds a glowing, golden color to the dough and a subtle flavor. This recipe is unimimidating, simple to make and incorporates flavors (olive oil, rosemary, and garlic) I often use with sweet potato dishes. This is delicious warm, but it's also enjoyable sliced horizontally and toasted as a sandwich bread.”

## DOUGH

- 1 cup warm water (100°-110°F)
- 1 teaspoon honey
- 2 teaspoons Fleischmann's® Active Dry Yeast
- 1/3 cup extra-virgin olive oil
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon Italian Seasoning
- ½ cup mashed sweet potatoes
- 1 ½ teaspoons salt
- 1 cup King Arthur Traditional 100% Whole Wheat Flour
- 1 cup King Arthur Italian-Style Flour
- 1 - 1 ½ cups King Arthur Unbleached All-Purpose Flour, divided
- 2-3 tablespoons extra-virgin olive oil

## TOPPING

- 1-2 tablespoons yellow cornmeal
- 1 large clove fresh garlic, finely minced
- ½ teaspoon finely chopped fresh rosemary
- 3 tablespoons shredded Asiago cheese
- Freshly ground black pepper, to taste
- Dash of cayenne red pepper, if desired
- 1 - 2 tablespoons extra-virgin olive oil
- Coarse salt, to taste

1. In medium bowl, stir together warm water, honey, and yeast; let stand 2 to 3 minutes. Add olive oil, rosemary, Italian seasoning, sweet potatoes, salt, whole wheat flour, and Italian-Style Flour. Stir vigorously for about 2 minutes.

2. Gradually stir in enough all-purpose flour to make a soft dough. Turn out on lightly floured surface and knead in enough of the remaining all-purpose flour to

make a workable dough; knead 5 - 8 minutes. (Dough will be slightly sticky, but workable). Place in a lightly oiled bowl. Cover; let rise 1 ½ hours in a warm place, or cover dough and let rise six hours or overnight in the refrigerator. Allow dough to warm at least 30 minutes before shaping.

3. Line one 18 x 13 x 1-inch pan with parchment paper and sprinkle with cornmeal. Gently press dough over the cornmeal-dusted paper, stretching dough into a 15 x 11-inch rectangle. Cover with a towel, and let rise 15 to 20 minutes.

4. Preheat oven to 400°F. Dimple the dough vigorously with your fingertips, leaving indentations that are as deep as ½ inch. Sprinkle garlic, rosemary, Asiago cheese, black pepper, and cayenne red pepper over top. Drizzle lightly with olive oil; sprinkle with salt.

5. Bake 15 to 20 minutes or until golden brown. Serve warm or at room temperature.

6. Makes 1 large focaccia, 24 slices.

Nutrition information per serving:

One slice provides approximately 110 calories; 2 g protein; 13 g carbohydrate; 1g dietary fiber; 6 g fat (1 g saturated); 1 mg cholesterol; 24 mcg folate; 1 mg iron and 157 mg sodium.

