
What to do with...

Sweet Potato



- **Cooking/storing/preparing info:**

- Roast with or without peel on (serve as side dish, hash, or with eggs and other roasted veggies)
- Bake, boil, or steam (great for tacos or baked potatoes)
- Purée (soup or pie filling)
- Spiralize to make noodles
- Store in a cool, dry area for up to 2 weeks

- **Comes in many colors: orange, white, pink, violet, yellow, and purple**

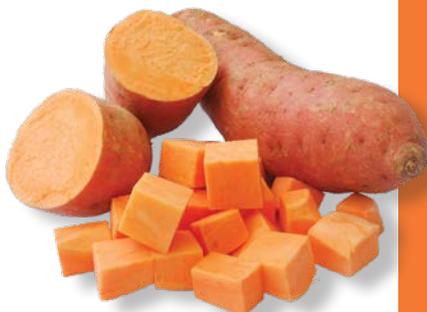
- **Sweet potatoes are not yams; they are different species**

- **Distantly related to regular white potatoes**



General nutrition information:

- High in fiber.
- Rich in vitamin A, which is good for eye health.
- Excellent source of vitamin C.





Recipes

Sweet Potatoes

Nutrition information for 1 cup raw:

Vitamin A > 300% DV
 Potassium ~ 10% DV
 Fiber ~ 14% DV
 Low sodium ~ 3% DV

Oven Baked Sweet Potato Fries

Ingredients:

- 1½ tablespoons olive oil, divided
- 1½ pounds sweet potatoes, sliced into ¼-inch strips
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

Instructions:

- Heat oven to 400°F.
- Brush baking sheet with half of oil. Place potatoes on baking sheet in a single layer.
- Season the potatoes with salt and pepper. Drizzle remaining oil on top of potatoes.
- Bake for 20 minutes, rotating the baking dish every 10 minutes, until crispy. Cook for additional time if sides are not browned.



Nutrition Facts

6 servings per container	
Serving size	1 serving (117.32g)
Amount per serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	4%
Potassium 383mg	8%

NOTE: For crispier fries, the potatoes can be placed under the broiler for about 3 minutes on each side.

(Recipe from: <https://whatscooking.fns.usda.gov/>)

Baked Apples & Sweet Potatoes

Ingredients:

- Nonstick cooking spray
- ¼ cup brown sugar, packed
- ¼ cup hot water
- 2 tablespoons butter, melted
- 1 teaspoon ground nutmeg
- 3 sweet potatoes, peeled and cubed
- 3 apples, cored and cubed

Instructions:

- Heat oven to 400°F. Spray a baking dish with nonstick cooking spray.
- Combine brown sugar, water, butter, and nutmeg in a mixing bowl. Toss apples and sweet potatoes in the mixture until well coated.
- Add sweet potato and apple cubes to the baking dish.
- Cook for 30 minutes or until apples and sweet potatoes are tender.



Nutrition Facts

6 servings per container	
Serving size	1 serving (167.42g)
Amount per serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 4g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 18g	
Includes 8g of Added Sugars	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	4%
Potassium 326mg	6%

(Recipe adapted from: <http://allrecipes.com/>)



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