

What's Fresh:

# Sweet Potatoes



## They're naturally good!

- ◆ Great source of Vitamin A!
- ◆ Contain vitamin C, fiber and potassium
- ◆ Help control blood sugar levels!
- ◆ 1 cup= 1 serving of veggies

## Storage Tips:

Do not refrigerate! Store in a cool & dark place at room temperature.

Do not store next to onions.

Use within 2-4 weeks.

## Healthy & Easy:

### *Don't peel them!*

The skin of the sweet potato contains most of its nutrients.

Leave the skins on for extra fiber, beta carotene, potassium, iron, folate, vitamin E & C.

## Preparation Tips:

- ◆ Gently scrub sweet potatoes under running water before using. Pat dry.
- ◆ Be careful! When cutting sweet potatoes, slice off one rounded edge to create a flat surface. Place cut side down on the cutting board.
- ◆ To dice, slice length-wise into planks. Rotate planks so they are flat and cut into strips. Cut strips in the opposite direction to make cubes.
- ◆ For even cooking, cut into equally-sized pieces.

## Ways to eat sweet potatoes:

- ◆ **Steam them.** In a pot with a steamer tray, bring a few inches of water to a boil. Cut potatoes 1-inch cubes and steam for 7-10 minutes or until they can easily be pierced with a fork. Season salt & pepper to taste. Add spices like cinnamon, garlic or paprika for extra flavor.



- ◆ **Bake them whole.** Preheat oven to 375F. Wrap in foil and bake for 1 hour or until fork-tender.
- ◆ **Microwave them whole.** Poke skin 5-6 times with a fork. Microwave for 5-8 minutes, rotating once half-way through.
- ◆ **Mash them.** Steam potatoes in cubes, or bake/microwave them whole and then cut into cubes. Using a potato masher or fork, mash the potatoes until smooth. For each potato, add 1 tablespoon of butter/oil and 1 Tablespoon of nonfat milk. Season with salt & pepper to taste.
- ◆ **Roast them in cubes.** Preheat oven to 425° F. Cut potatoes into 1/2-inch cubes. Toss with a few tablespoons of oil and season with salt and pepper. Roast for 15 minutes. Turn potatoes with a spatula and bake for another 10-15 minutes, or until fork-tender.

See more recipes on the back 

