



# Sweet Potato



## Why eat sweet potatoes:

- Rich in vitamins that are important for eyesight and fighting illness.
- Eat the skin! It's high in nutrients like fiber which aids in digestion.

## How to store and when to throw out:

- Store whole sweet potatoes in a dark and dry place for up to 2 weeks.
- Store cut or peeled sweet potatoes in refrigerator or freezer.
- Store cooked sweet potatoes in the refrigerator for up to 7 days or in the freezer for 4-6 months.
- Throw out when soft and/or moldy.

## Roasted Sweet Medley

Makes 6 servings • Ready in 1 hour

### Ingredients:

- 2 sweet potatoes
- 2 carrots
- 1 onion
- 2 tablespoons oil
- 1/2 teaspoon dry thyme
- 1/2 teaspoon rosemary
- Pinch of salt

### Directions:

1. Pre-heat oven to 400 degrees F.
2. Wash and scrub potatoes and carrots.
3. Cut potato, carrots, and onion into 1/2-inch cubes and place in medium bowl.
4. Add oil and spices to vegetables. Toss to coat.
5. Spread onto a baking sheet and bake for 30-45 minutes.

### Chef's Notes:

- Use your choice of spices or herbs - paprika, chili powder, garlic
- Make this recipe more savory by using any hearty root vegetable, including beets, squash, and turnips.

## Preparing sweet potatoes

- Wash well before serving, especially if eating the skin.
- Cut off ends and any dark or soft spots.
- To bake or roast, just poke with a fork. Wrap in foil, roast at 375 until a fork easily pokes the potato, let cool, and season with your favorite spices.
- To cook in the microwave, poke potato several times with a fork. Place on a plate. Microwave for 10 minutes rotating halfway through the cook time.
- Small sweet potatoes can be enjoyed raw on a salad!

### Nutrition Facts

Serving Size .5 cup (100g)

Amount Per Serving

Calories 90      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 35mg      1%

Total Carbohydrate 21g      7%

Dietary Fiber 3g      12%

Sugars 6g

Protein 2g

Vitamin A 380%      Vitamin C 35%

Calcium 4%      Iron 4%

# Mashed Sweet Potato

Makes approximately 8 cups

## Ingredients:

4 medium sweet potatoes

## Directions:

1. Scrub potato thoroughly and poke several times with a fork.
2. Place on a plate. Cook in the microwave for 5 minutes. Turn over and continue to cook for 5 more minutes.
3. Allow to cool. Scoop out the insides. Mash well with a fork.

## Chef Tip:

- Stir in 1 tablespoon milk, 1 tablespoon butter, and salt and pepper and serve as a side dish.
- Plain mashed sweet potatoes can be refrigerated and used within 3-5 days. Add it to soups, chili, or baked goods in place heavy cream or fat.

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## Sweet Potato Dip

Makes 24 servings—serving size 2 tablespoons

## Ingredients:

2 mashed sweet potatoes (see instructions above)  
1 cup nonfat vanilla yogurt  
8 ounces low-fat cream cheese, softened  
2 tablespoons honey  
1 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg

## Directions:

1. Mix together mashed sweet potato, yogurt, low-fat cream cheese, honey, ground cinnamon, and nutmeg.

## Chef's Notes:

- Serve with whole wheat graham crackers, apple wedges or use as a spread on whole wheat toast or bread.
- No sweet potato? Use 1-15 oz. can of pumpkin puree.

## Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

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## How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

## Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

