





#### 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	
Trans Fat	
Cholesterol Omg	
Sodium 35mg	1%
Total Carbohydrate 21g	
Dietary Fiber 3	g 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.

# 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.

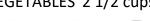
# **Buying Guide:**

- 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.

## 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









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