

Sweet Potatoes



Key Points

- ▶ Sweet potatoes are a rich source of vitamins A and C, and a good source of vitamin B6, potassium, and fiber.
- ▶ Choose firm, small- to medium-sized potatoes with smooth skin. Avoid potatoes with cracks, soft spots, and blemishes.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Store sweet potatoes in a cool, dark place for use within three to five weeks.

Quick Tips

- ▶ Try munching on sweet potato chips. Thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350°F for 15 minutes or until lightly browned and crisp.
- ▶ Clean sweet potatoes and other firm-skinned produce under running tap water while rubbing with your hands and scrubbing with a clean brush.
- ▶ Substitute sweet potatoes for regular potatoes in your favorite potato salad recipe.
- ▶ Ask children to help choose a dish with sweet potatoes in it.

Sweet Potatoes and Apples

Number of servings: 6

Ingredients:

Nonstick cooking spray

3 sweet potatoes

3 apples

¼ cup raisins

½ cup orange juice or pineapple juice

2 teaspoons brown sugar, packed

1 teaspoon ground cinnamon

Directions:

- ▶ Heat oven to 350°F. Spray 8-inch baking dish with cooking spray.
- ▶ Wash sweet potatoes and cut in half lengthwise. Cut in half again and then slice. Add to baking dish.
- ▶ Wash apples. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and cut into thin slices. Add to baking dish.
- ▶ Sprinkle with raisins.
- ▶ In separate bowl, mix juice and brown sugar together until sugar dissolves; pour over potatoes and apples. Sprinkle with cinnamon.
- ▶ Cover with aluminum foil and bake at 350°F for 20 minutes. Remove foil and bake for 10 minutes longer until potatoes are tender and cooked through.

Per serving: 140 calories; 1 g fat (2 g saturated fat); 2 g protein; 34 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 10 mg sodium

Sweet Potato Salad

Number of servings: 6

Ingredients:

Nonstick cooking spray

1 sweet potato

2 baking potatoes

2 tablespoons canola oil

½ cup honey

¼ cup vinegar

½ teaspoon garlic powder

1 teaspoon salt

1 teaspoon ground cumin

½ teaspoon ground black pepper

Directions:

- ▶ Heat oven to 450°F. Spray baking pan with cooking spray.
- ▶ Wash potatoes and cut in half lengthwise. Cut in half again and then cut into bite-size chunks.
- ▶ Layer potatoes evenly in pan and spray with cooking spray again.
- ▶ Bake for 30 minutes, stirring about halfway through.
- ▶ To make a dressing, combine canola oil, honey, vinegar, garlic powder, salt, cumin, and pepper in a jar with lid. Put lid on jar and shake to mix ingredients.
- ▶ When potatoes are tender, remove them from the oven and place in a mixing bowl. Pour dressing over potatoes and toss to coat. Serve warm.

Per serving: 172 calories; 5 g fat (trace saturated fat); 2 g protein; 33 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 363 mg sodium.

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