



HEALTHY WAYS SWEET POTATOES



Tips!

- Do not refrigerate your sweet potatoes, instead store in a cool dark place at room temperature.
- Do not store next to onions.
- Use within 2-4 weeks!
- The skin of sweet potatoes is where most of the nutrients live, so instead of peeling, wash them well and eat the skin!
- Contains fiber, beta carotene, potassium, iron, folate, vitamin A, C & E.

RECIPES

Sweet Potato Fries

Ingredients:

4 medium sweet potatoes
2 tsp paprika
1/2 tsp salt
1/2 tsp ground black pepper

1/2 tsp cayenne pepper
1 tbsp canola/vegetable oil
non-stick cooking spray

Directions:

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about 1/2 inch wide.
4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
6. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet. NOTE: Be sure sweet potatoes do not lie on top of each other on the baking sheet. You may need to cook in two batches.
7. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.

Southwest Stuffed Sweet Potatoes

Ingredients:

2 large sweet potatoes
1 tbsp oil
1 (15oz) can black beans (or any kind of beans)
1/2 cup frozen or canned corn
1/2 cup prepared salsa
1 tbsp lime juice

1/2 tsp cumin
1/2 tsp salt
1/2 tsp black pepper
1/4 tsp crushed red pepper flakes (optional)
1/3-2/3 cup shredded cheddar cheese

Directions:

1. Preheat oven to 400°F. Place sweet potatoes on a baking sheet and rub lightly with oil (optional).
2. Bake sweet potatoes until fork tender, about 1 hour.
3. Meanwhile, rinse and drain black beans and corn in a colander.
4. Add black beans, corn, salsa, lime juice, cumin, pepper and red pepper flakes in a large skillet. Stir well and cook until everything is heated through. Remove from heat.
5. When sweet potatoes are ready, gently cut a thin layer from the top of each potato. Use a spoon to gently remove the flesh from each potato and place in a medium bowl.
6. Use a fork or potato masher to mash the flesh of the sweet potatoes. Stir in bean and corn mixture.
7. Spoon the mixture back into the skin of the sweet potato and top each one with shredded cheese.
8. Put the cheese topped sweet potatoes back in the oven under the broiler and broil until cheese is melted, about 2 minutes.



MAKE IT A MEAL: RECIPES



Baked Sweet Potato & Apple Chips

Ingredients:

2 sweet potatoes, thinly sliced	2 tsp cinnamon
2 medium apples, thinly sliced	cooking spray
2 tsp sugar	

Directions:

1. Preheat oven to 350°F.
2. Combine sugar and cinnamon into a large bowl.
3. Add cut up sweet potatoes and apples. Toss to combine.
4. Spray baking pan with cooking spray or use parchment lined baking sheets.
5. Bake for 45-60 minutes depending on your oven temperature, flipped half way through.
6. Sweet potatoes and apples should be golden brown.
7. Remove from oven. Chips will crisp as they cool.

Sweet Potato and Red Bean Chili

Ingredients:

2 tsp canola/vegetable oil	1 1/2 tbsp chipotle chili powder
1 onion, diced	2 tsp ground cumin (optional)
3 cups diced sweet potatoes	1 (15oz) can of red beans, rinsed
2 garlic cloves, mined (or 1/2 tsp garlic powder)	2 tbsp chopped cilantro (optional)
2 cups chopped tomatoes	

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and sweet potatoes, cook for 4 minutes.
3. Stir in garlic, tomatoes, chili powder, cumin and 1 1/2 cups water. Cook for 10 minutes.
4. Add beans. Cook until the beans are heated, about 5 minutes.
5. Add cilantro, salt and pepper. Serve hot. Refrigerate leftovers.

Sweet Potato & Apple Stir Fry

Ingredients:

2 tbsp vegetable oil	2 cups chopped apples
4 cups chopped sweet potatoes	1 tsp cinnamon
1 tsp fresh ginger OR 1/2 tsp ground ginger (optional)	

Directions:

1. Heat oil in a large pot over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or a side dish. Refrigerate leftovers.

Sweet Potato and Red Bean Chili

Ingredients:

4 medium sweet potatoes	1/2 tsp salt
1(15oz) can black beans	1/2 tsp ground black pepper
2 medium zucchini, shredded or thinly sliced	1/2 tsp chili powder
1/4 cup bell pepper or onion, minced	1/4 tsp cumin
4 oz low-fat cheddar cheese	2 whole wheat tortillas or 4 corn tortillas
1/2 tbsp vegetable/canola oil	non-stick cooking spray

Directions:

1. In a large skillet, over medium high heat, add the oil.
2. Add the sweet potatoes and onion/bell pepper, saute for 5 minutes. Add chili powder, cumin, and salt.
3. Add a little water to saucepan, stir well and cover with lid, reduce heat to low.
4. Cook, stirring occasionally until sweet potato is tender, about 10 minutes.
5. Add tortilla to skillet and flip after 15 seconds. Add 1/2 sweet potato mixture to tortilla, top with cheese and beans.
6. Fold tortilla, and cook for 1-2 minutes on each side.