**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
Sweet Potato Fries*

**Ingredients:**
- 4 medium sweet potatoes
- 1 ½ teaspoons paprika
- ½ teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 Tablespoon oil
- Cooking spray

**Directions:**
1. Preheat oven to 450 °F. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
2. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.
3. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
5. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender but crispy.

Sweet Potato Chili

**Ingredients:**
- 1 Tablespoon cooking oil
- 3 cups diced sweet potatoes
- 1 (15-oz.) can diced tomatoes, with their juices
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 1/2 tablespoons chili powder
- 2 teaspoons cumin (optional)
- 1 (15-oz.) can beans (black, red or pinto)
- 2 Tablespoons chopped cilantro (optional)
- Salt & pepper

**Directions:**
1. Heat oil in a large saucepan over medium heat. Drain and rinse beans in a colander.
2. Add onions and sweet potatoes. Cook for 4 minutes.
3. Stir in garlic, tomatoes, chili powder, cumin and 1 1/2 cups water or stock. Cook for 10 minutes.
4. Add beans and cook until heated, about 5 minutes. Add cilantro (if using) and salt and pepper to taste.

Sweet Potato Apple Stir-Fry

**Ingredients:**
- 1 Tablespoon cooking oil
- 4 cups diced sweet potatoes
- 2 cups chopped apples
- 1 teaspoon cinnamon
- 1 teaspoon grated fresh ginger (optional)

**Directions:**
1. Heat oil in a large saucepan 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.

Find more online at: www.gcfb.org/recipes_resources