



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



Make it a meal!

RECIPES

Sweet Potato Fries*

Ingredients:

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| 4 medium sweet potatoes | 1/8 teaspoon cayenne pepper |
| 1 1/2 teaspoons paprika | 1 Tablespoon oil |
| 1/2 teaspoon salt | Cooking spray |
| 1/4 teaspoon ground black pepper | |

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 1/2-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.
4. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
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:

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| 1 Tablespoon cooking oil | 1 medium onion, diced |
| 3 cups diced sweet potatoes | 2 cloves garlic, minced (or 1 tsp garlic powder) |
| 1 (15-oz.) can diced tomatoes, with their juices | 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:

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| 1 Tablespoon cooking oil | 2 cups chopped apples |
| 4 cups diced sweet potatoes | 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.

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