

# **Sweet Potatoes**

Sweet potatoes have a deep orange colored flesh and a sweet taste. Sweet potatoes are starchy vegetables that contain a lot of vitamins and minerals. Sometimes sweet potatoes and yams are confused, but in the United States, most stores sell sweet potatoes and not yams.



### **HOW DO I MAKE A GOOD SELECTION?**

Choose small to medium sweet potatoes that have smooth skins and are firm. They should be free from cracks, soft spots and blemishes.

## WHAT IS THE PROPER **STORAGE**?

Sweet potatoes that are stored in a dry, dark, cool area can be stored for up to a month. If sweet potatoes are stored on the counter, they can be stored for up to a week.

# WHY SHOULD I EAT THIS?

Sweet potatoes are high in Vitamin C, which helps heal cuts and wounds. They are also high in Vitamin A, which promotes good vision and cell growth.

# DID YOU KNOW? Sweet potatoes can be eaten raw.

# **HOW COULD I USE THIS?**

- Sweet potatoes can be boiled, baked, grilled or microwaved and served as a side dish
- Make loaded sweet potatoes
- Make mashed sweet potatoes
- Make a sweet potato breakfast hash
- Make sweet potato pie
- Add to casseroles or make sweet potato casserole
- Add to a salad
- Add to soup or stew

- Mix regular potatoes and sweet potatoes to make a potato salad
- Make baked sweet potato fries
- Add to stir-fry
- Add to soup

### WHAT IS THE **SEASONAL AVAILABILITY** OF THIS ITEM?

HARVEST MARKET

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
								X	X	X	X
X	X							X	X	X	X

Sources: SNAP-Ed Connection and Nebraska Buy Fresh, Buy Local



### **RECIPE:**

### **Colorful Potato Salad**

6 Servings

Photo Credit: Craig Chandler

### **Ingredients:**

 2 medium sweet potatoes, peeled and cubed

- 1 large baking potato, peeled and cubed
- 1/4 c. vegetable oil
- 1/3 c. honey
- 1/4 c. vinegar
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1 tsp. cumin
- 1/2 tsp. black pepper

### **Directions:**

- 1. Wash hands with soap and water.
- 2. Rinse and prepare produce as directed. Scrub potatoes with a clean vegetable brush under running water.
- 3. Preheat oven to 450 degrees F.
- 4. Spray baking pan with nonstick cooking spray.
- 5. Put potatoes on a baking pan and drizzle with 2 Tbsp. of vegetable
- oil. Stir gently to coat potatoes thoroughly.
- 6. Spread cubed potatoes evenly on baking pan.
- 7. Bake at 450°F for 30 minutes or until potatoes are fork tender.
- 8. While potatoes are baking, mix together remaining 2 Tbsp. of vegetable oil and all other ingredients.
- 9. Place baked potatoes in a bowl. Pour dressing over potatoes and toss to coat well.
- 10. Store leftovers in a sealed container in the refrigerator.

### **Nutrition Info:**

## **Nutrition Facts**

6 servings per container			
Serving size	1/2 cup		
Amount per serving Calories	230		
% [	Daily Value*		
Total Fat 9g	12%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 220mg	10%		
Total Carbohydrate 36g	13%		
Dietary Fiber 2g	7%		
Total Sugars 18g			
Includes 15g Added Sugars	30%		
Protein 2g			
Vitamin D 0mcg	0%		
Calcium 29mg	2%		
Iron 1mg	6%		
Potassium 434mg	10%		
*The % Daily Value tells you how much a serving of food contributes to a daily diet. day is used for general nutrition advice.			

Recipe Credit: EFNEP Families Eating Smart and Moving More. Cooking with EFNEP cookbook. North Carolina State University Cooperative Extension, 2016.