

# Sweet Potatoes

Sweet potatoes have a deep orange colored flesh and a sweet taste. Sweet potatoes are starchy vegetables that contain lots 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?

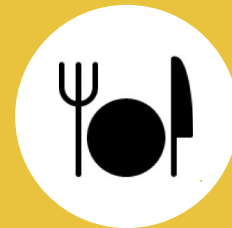
Sweet potatoes that are stored in a dry, dark, cool area can be stored for up to a month. If sweet potatoes are stored on the counter, they can be stored for up to a week.

## 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.

## 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



### DID YOU KNOW?

Sweet potatoes can be eaten raw.

# WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 									X	X	X	X
<b>MARKET</b> 	X	X							X	X	X	X

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



## RECIPE:

### Roasted Sweet Potatoes and Apples

4 Servings

Photo Credit: Nebraska Extension Nutrition Education Program

#### Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 fuji apple or other baking apple, chopped
- 1/2 Tbsp. vegetable oil
- 1 Tbsp. maple syrup

#### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. Scrub sweet potatoes with a clean vegetable brush under running water. Peel sweet potatoes. Cut the sweet potatoes in half lengthwise. Slice into 1/2 inch thick pieces.
4. Scrub the apple with a clean vegetable brush under running water. Core the apple. Cut into bite-sized chunks.
5. In a 2-quart baking dish, add the sweet potatoes and apple. Drizzle vegetable oil over the mixture stirring to coat. Bake for 10 minutes.
6. Remove from oven and stir. Bake 10 minutes, or until tender. Potatoes are tender when they can be pierced with a fork. If they are still hard, stir and return to oven. Check every 5 minutes until tender.
7. When the potatoes are tender, place mixture in a serving dish. Drizzle with maple syrup and stir.
8. Store leftovers in a sealed container in the refrigerator.

Recipe Credit: Nebraska Extension Nutrition Education Program

#### Nutrition Info:

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	1/2 cup
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
<b>Total Carbohydrate 25g</b>	<b>9%</b>
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 3g Added Sugars	6%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 403mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.