

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?

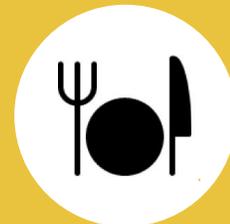
Sweet potatoes that are stored in a dry, dark, cool area can be stored for up to a month. If sweet potatoes are stored on the counter, they can be stored for up to a week.

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.

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
HARVEST 									X	X	X	X
MARKET 	X	X							X	X	X	X

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



Photo Credit: Craig Chandler

RECIPE:

Colorful Potato Salad

6 Servings

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 nutrient in a serving of food contributes to a daily diet. 2,000 calories a 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.