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?

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

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RECIPE:

Colorful Potato Salad

6 Servings

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 large baking potato, peeled and cubed
- 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:

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<tr>
<td>6 servings per container</td>
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<tr>
<td>Serving size: 1/2 cup</td>
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<tr>
<td>Amount per serving</td>
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<tr>
<td>% Daily Value</td>
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<tr>
<td>Total Fat 9g</td>
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<tr>
<td>Saturated Fat 1.5g</td>
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<tr>
<td>Trans Fat 0.5g</td>
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<tr>
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<td>Sodium 200mg</td>
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<tr>
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<td>Iron 1mg</td>
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<td>Potassium 434mg</td>
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*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.