

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.

food.unl.edu



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

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.

Proper Storage

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

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 Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST									✓	✓	✓	✓
MARKET	✓	✓							✓	✓	✓	✓



This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. Copyright ©2023