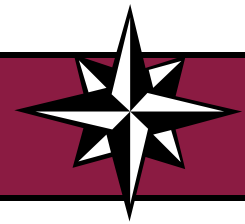


SWEET POTATOES



To Look for: Sweet potatoes should be firm and well shaped with clean, smooth skins. Avoid sweet potatoes with bruises, soft spots, or signs of decay.



At Home: To keep sweet potatoes fresh, store in a cool, dark place such as a cabinet or on the counter. If kept dry they can keep for up to 1 month (best to use sooner). Scrub sweet potatoes in clean drinking water directly before using.



Your Health: Sweet Potatoes are a “powerhouse” vegetable:

- Good Source of Vitamin C
- Very Good Source of Vitamin A
- Good Source of beta-carotene
- Source of Fiber
- Also includes calcium, iron and potassium



Benefits: Eating more vegetables, especially high fiber, Vitamin A and C rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia and potassium keeps up muscle function.

Nutrition Facts

Serving Size ½ cup or ½ medium (65g)

Amount Per Serving

Calories	Calories from
70	Fat 0

% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Cholesterol 0mg	0%
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Sodium 23mg	1%
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Total Carbohydrate 16g	5%
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Dietary Fiber 2g	8%
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Sugars 4g

Protein 1g

Vitamin A	-	Vitamin C
220%		15%

Calcium 1%	-	Iron 1%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Additional Nutrition Information

Potassium 175mg **5%**



Tips to Eat More Sweet Potatoes: A serving of sweet potatoes is ½ cup, about ½ medium sweet potato.

- To make sweet potatoes easier to cut, pierce both sides, microwave for 30 seconds and let sit for a minute before cutting.
- Mash sweet potatoes and add them to your biscuit, bread, or muffin recipe for added nutrition and a flavor boost—it will add moistness and let you reduce the oil.
- Sweet potatoes can be boiled, baked, roasted, microwaved, grilled or sautéed in a small amount of vegetable oil or butter.
- Try adding fruits to sweet potatoes to make casseroles or stir-fries that are sweet—pears and apples are two Fall fruits that pair well; so does pineapple.
- To enhance the sweetness use honey, brown sugar, maple syrup, vanilla, apple or citrus juices with spices like cinnamon, cloves and nutmeg.
- For savory sweet potatoes add spice—like chili powder or black pepper—or herbs—try thyme or rosemary.
- Sweet potatoes go well with other vegetables and are a welcome addition to other favorite dishes—from soups and stews to stir-fries and pasta.
- You can even make a salad using cooked, cubed sweet potatoes—toss with beans or vegetables (try sweet peppers and onions) and toss with dressing.
- For a change, try mashed sweet potatoes instead of regular mashed potatoes.
- For dessert try a classic sweet potato pie or a cake made with sweet potatoes.



Quick Recipe Ideas:

- Lighten your favorite sweet potato casserole recipe by reducing the butter and sugar by half—keep the flavor with less fat and calories!
- Make sweet potato fries or chips in the oven by tossing cut sweet potatoes with oil or coating them with cooking spray. Season and bake at high heat until crispy.

Fall Garden Soup:

- 1 squash, peeled and diced
- 2 sweet potatoes, diced
- 2 celery stalks, chopped
- ½ c. diced onion
- 1 Tbsp. oil
- Spices: 2 tsp. crushed garlic, 2 tsp. paprika, 1 tsp. cumin, 1 tsp. cinnamon
- 3 reduced-sodium vegetable bouillon cubes
- 4 c. water
- 1 14.5-oz. can diced tomatoes
- 1 bay leaf
- 1 15.5-oz. can garbanzo beans
- 2 Tbsp. dried parsley

Sauté squash, sweet potatoes, celery, and onion in oil. Add spices. Add water, bouillon cubes, tomatoes and bay leaf. Simmer. Add beans and parsley and heat through.
Makes 6 servings.

Per serving: Calories: 170, Fat: 4 g., Cholesterol: 0 mg., Fiber: 7 g. (28%), Sodium: 400 mg. (16%), Vitamin A: 210%, Vitamin C: 35%, Calcium: 8%, Iron: 10%.



For One or Two:

To serve two follow the same directions using: 1/3 squash, peeled and diced, 2/3 sweet potato, diced, 1 celery stalk, chopped, 3 Tbsp. diced onion, 1 tsp. oil, ¾ tsp. crushed garlic, ¾ tsp. paprika, ½ tsp. cumin, ½ tsp. cinnamon, 1 reduced sodium vegetable bouillon cube, 1 ½ c. water, 1/3 14.5-oz. can diced tomatoes, ½ bay leaf, 1/3 15.5-oz. can garbanzo beans, 2 tsp. dried parsley. Save the rest or divide this recipe by 2 to serve just one.

Modifications: Use your favorite fall or winter squash, from butternut to zucchini. Try adding or substituting other vegetables, in season, or using your favorite spices and herbs.

Storage and Freezing: This soup will keep in the fridge for up to a week or will freeze for

longer. Thaw before reheating. Leftovers make a great snack or quick meal.

Kid Friendly Try this recipe with your family or have your kids help you make it—it can be a good way to introduce them to some new vegetables.