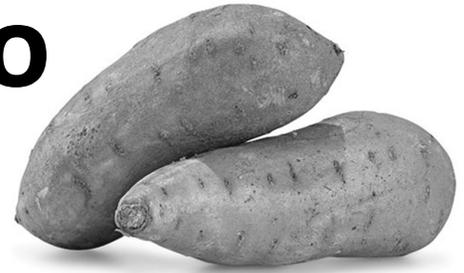




# Sweet Potato



## Why eat sweet potatoes:

- They're rich in vitamins that are important for eyesight and fighting illness.
- Eat the skin! It's high in nutrients like fiber which aids in digestion.

## How to store:

- Store whole sweet potatoes in a dark and dry place for up to 2 weeks.
- Store cut or peeled sweet potatoes in refrigerator or freezer.
- Store cooked sweet potatoes in the refrigerator for up to 7 days or the freezer for 4-6 months.
- Throw out when soft and/or moldy.

## Roasted Sweet Medley

*Makes 6 servings  
Ready in 1 hour*

### Ingredients:

- 2 sweet potatoes
- 2 carrots
- 1 onion
- 2 tablespoons oil
- 1/2 teaspoon dry thyme
- 1/2 teaspoon rosemary
- Pinch of salt

### Directions:

1. Pre-heat oven to 400 degrees F.
2. Wash and scrub potatoes and carrots.
3. Cut potato, carrots, and onion into 1/2-inch cubes and place in medium bowl.
4. Add oil and spices to vegetables. Toss to coat.
5. Spread onto a baking sheet and bake for 30-45 minutes.

### Chef's Notes:

- \*Use your choice of spices or herbs, like paprika, chili powder, garlic
- \*Make this recipe more savory by using any hearty root vegetable, including beets, squash, and turnips.

## Preparing sweet potatoes

- Wash well before serving, especially if eating the skin.
- Cut off ends and any dark or soft spots.
- To bake or roast, just poke with a fork and wrap in foil, roast at 375 until a fork easily pokes the potato, let cool, and season with your favorite spices.
- Make a medley using the recipe on the back!
- Small, young sweet potatoes can be enjoyed raw!

### Nutrition Facts

Serving Size: 1/2 cup baked sweet potatoes (100g)	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 36mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 2g	
Vitamin A 384%	Calcium 4%
Vitamin C 33%	Iron 4%

# Mashed Sweet Potato

## Ingredients:

4 medium sweet potatoes

## Directions:

1. Scrub potato thoroughly and prick several times with a fork.
2. Place on a plate. Cook on full power in the microwave for 5 minutes. Turn over and continue to cook for 5 more minutes.
3. Allow to cool. Scoop out the insides and mash with a fork.
4. Stir in 1 tablespoon milk, 1 tablespoon butter, and salt and pepper and serve as a side dish.
5. Plain mashed sweet potatoes can be refrigerated and used within 3-5 days. Add it to soups, chili, or baked goods in place heavy cream or fat.

# Sweet Potato Dip

*Makes 24 servings—serving size 2 tablespoons*

## Ingredients:

- 2 mashed sweet potatoes (see instructions above)
- 1 tablespoon honey
- 1 cup nonfat vanilla yogurt
- 1 teaspoon ground cinnamon
- 8 oz. low-fat cream cheese (softened)
- 1/8 teaspoon ground nutmeg

## Directions:

Mix sweet potato puree, low-fat cream cheese, honey, ground cinnamon, and nutmeg seasoning to taste.

## Chef's Notes:

- Serve with whole wheat graham crackers, apple wedges or use as a spread on whole wheat toast or bread.
- Sweet potato can be substituted with 1-15 oz. can pumpkin puree.

## Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

## Need help with groceries?

The Supplemental Nutritional Assistance Program (SNAP) program allows you to put more food in your grocery bag and provide better nutrition for you and your family — leaving more money in your pocket to pay for other bills or expenses.

Apply for SNAP at [scmapp.sc.gov](http://scmapp.sc.gov) or visit the Department of Social Services office in your county.

