

HARVEST OF THE MONTH:

Sweet Potato



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Nutrition Facts

Serving Size: ½ cup cooked, baked
(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%

REASONS TO EAT SWEET POTATOES

- A serving provides an excellent source of beta carotene, which is a precursor to Vitamin A that may help the body fight sickness and disease. It's also a good source of fiber, Vitamin B6 and E and Potassium, all of which aid in metabolism to energy to cognitive performance (thinking power!)

PRODUCE TIPS

- Choose firm, dark, dry, smooth potatoes without blemishes.
- Do not store them in the refrigerator; the core will turn hard and they will develop an unpleasant taste.
- Store in a cool, dry place like a pantry.
- Sweet potatoes should be used within a week, but if stored properly they will last a month or longer.
- Do not wash sweet potatoes until you are ready to cook them as the moisture makes them spoil faster.

WHAT'S THE DIFFERENCE?

	Sweet Potato	Yam
Origin	South America	Africa/Asia
Skin	Smooth, thin	Rough, scaly
Color	Yellow, tan, red, dark orange	Brown or black-brown
Flesh	White to yellow, orange-red	White or purple
Shape	Short, blocky tapered ends	Long, tubular
Taste	Moist, sweet	Dry, starchy



Sweet Potato Recipes

SWEET POTATO DIP

INGREDIENTS

- 3 C. boiled or canned sweet potatoes
- 1 ½ C. nonfat plain yogurt
- 3 tsp. cinnamon
- 3 tsp. nutmeg
- 3 C. unsalted crackers or flat bread

DIRECTIONS

Mix sweet potatoes and yogurt in a mixing bowl. Add spices. Serve with crackers or bread.

ROASTED SWEET POTATO COLLAGE FRIES

INGREDIENTS

- 3 sweet potatoes with various flesh colors (orange, yellow, white)
- 2 tsp. Kosher salt
- 3 T. olive oil
- 1 tsp. pepper

DIRECTIONS

Preheat the oven to 425 degrees. Skin the sweet potatoes and cut them in half, vertically. Laying them flat, make vertical cuts in half-inch intervals. In a large mixing bowl, combine the wedges with the olive oil, salt, and pepper. Mix well. Lay the wedges on two baking sheets, so that the wedges do not touch or overcrowd. Roast for 45 minutes, turning the potatoes after 25 minutes. Serve warm.

SWEET POTATO MUFFINS

INGREDIENTS

- 1 ⅓ C. brown sugar
- ½ C. canola oil
- 2 eggs
- 1 tsp. vanilla
- 2 C. all-purpose flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 4 C. shredded sweet potato
- ½ tsp. ground allspice
- 1 tsp. nutmeg
- ½ tsp. salt
- ½ C. raisins
- 1 C. walnuts, optional

DIRECTIONS

Preheat oven to 375 degrees. Place paper liners in cups of a muffin tin. Whisk together brown sugar, oil, vanilla and eggs in a small bowl. Mix together the flour, baking powder, spices, salt and grated sweet potatoes in a large bowl. Make a well in the center and pour in the egg mixture. Stir the egg mixture, gradually incorporating it with the flour mixture. Stir in the raisin and walnuts. Spoon the batter into tins. Bake the muffins for 25-30 minutes or until a toothpick inserted into the middle comes out clean. Serve warm.

