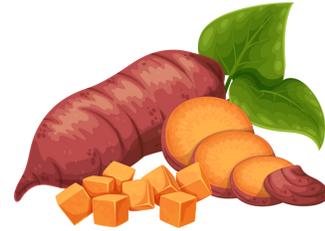


Sweet Potatoes



Nutrition Facts

Sweet potatoes are high in vitamins A and C. They are also a good source of fiber and potassium. Potassium aids in keeping blood pressure on track and helps with growing bodies. It also good for the heart.

Selection and Storage

- Sweet potatoes should be firm to touch, with smooth skin. Don't choose potatoes with cracks, soft spots, and blemishes.
- Store sweet potatoes in a cool, dark place. Use within 2 to 4 weeks.
- Store cooked sweet potato leftovers in a sealed container in the refrigerator for up to 4 days.

Ways to Use Them

- Cook and cut up to use in soups, salads, or tacos.
- Bake, mash, or roast and serve as a side dish.
- Cut in strips and bake as fries.

Preparation

- To peel this veggie, hold the sweet potato in one hand and a vegetable peeler in the other. Tilt the potato on a cutting board and peel downwards, away from your body. Be sure to keep fingers away since the vegetable peeler is sharp! Take your time with this task.
- If there are any spots on the potato, you can use the tip of the peeler to carve it out. A paring knife works well too.
- Make raw sweet potatoes easy to cut through, by poking several holes into the potato using a fork. Microwave for 1 to 2 minutes, then chop.

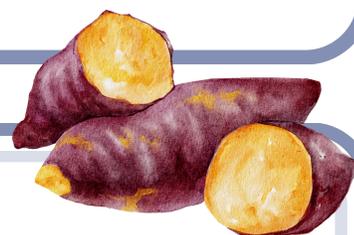
WATCH how to fix sweet potatoes and find lots of budget friendly recipes at planeatmove.com:

- *Sweet Potato Nachos*
- *Hot and Sweet Frittata*
- *KY Sweet Potato Bread*
- *Garlic Pork*
- *Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes*



Cooking

- **Boil:** Simply peel the sweet potato and cut it into chunks. Boil until tender – about 25 to 30 minutes.
- **Roast:** Cut unpeeled sweet potatoes into wedges. Toss with olive oil and herbs. Place wedges in a single layer on a baking sheet. Roast at 375 degrees F for 25 to 30 minutes turning once, until tender.
- **Bake:** Pierce the skin of each sweet potato in several places with a fork. Wrap one at a time in foil. Bake at 400 degrees F for 45 to 60 minutes. Potatoes are done when a fork is easy to go into the sweet potato.
- **Microwave:** To cook, pierce the skin in a few places with a fork. Bake the whole potato on HIGH for 5 to 9 minutes. Potatoes are done when a fork is easy to go into the sweet potato.
- **Slow cooker:** Place 4 cleaned and wet sweet potatoes in the bottom of a slow cooker. Cook on low for 6 to 7 hours or high for 3½ to 4 hours. Potatoes are done when a fork is easy to go into the sweet potato.



Amazing Pancakes

Makes 6 servings

Serving size: 2 pancakes

Ingredients:

- 1 cup self-rising flour
- ½ cup whole-wheat flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- ¼ cup chopped nuts (optional)
- 1 cup sweet potatoes, cooked and mashed
- 3 eggs, beaten
- 1 cup fat-free milk
- 2 tablespoons olive oil
- 1 tablespoon vanilla
- Cooking spray

Directions:

1. In a medium bowl, combine flours, sugar and cinnamon. Add ¼ cup nuts, optional.
2. In a separate medium bowl, mix sweet potatoes, eggs, milk, oil, and vanilla.
3. Pour liquid mixture into the flour mixture and stir until the dry ingredients become wet. Be careful not to over stir.
4. Preheat a griddle or skillet over medium high heat. Spray with cooking spray. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Nutrition facts per serving: 260 calories; 8g total fat; 1.5g saturated fat; 0g trans fat; 95mg cholesterol; 320mg sodium; 39g total carbohydrate; 3g fiber; 10g sugar; 4g added sugar; 9g protein; 170% Daily Value of vitamin A; 10% Daily Value of vitamin C; 15% Daily Value of calcium; 10% Daily Value of iron. 4% Daily Value of potassium. **Nutrition facts do not include nuts*



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