

□ *Sweet potatoes can be baked, boiled, steamed, or microwaved. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.*

□ *Cinnamon, brown sugar, grated lemon or orange rind, raisins, drained canned pineapple, or nuts may be added for flavor.*

COOKING

Canned sweet potatoes are pre-cooked so add them at, or near, the end of a recipe.

Cook immediately after cutting and/or peeling. Contact with air makes the flesh dark.

To slow down oxidation (darkening of the flesh), place peeled and/or cut sweet potatoes in a bowl or pot, and keep them covered with water until ready to cook them.

Cooking makes sweet potato's nutrients (e.g. beta carotene which the body converts to Vitamin A) easier for the body to absorb.

Boil sweet potatoes before peeling. The skins slip off easily when done.

Sweet potatoes can be baked, boiled, candied, fried, grilled, mashed, pan-roasted, pureed, stuffed, twice-baked, etc.

SERVING

Serve sweet potatoes diced & sliced for veggie trays; chips; blended into smoothies, etc.

Spices that go well with sweet potatoes include allspice, ginger, cinnamon, coriander, & nutmeg. They also go well with coconuts, nuts, & fruits.

Sweet potatoes can be an ingredient in many dishes, including casseroles, breads, desserts (pies, cakes, puddings, cookies), dips, salads, sauces, snacks, soufflés, soups, etc.

Baked Sweet Potato Sticks

□ Preheat oven to 400°F. Line a baking sheet with foil, sprayed with cooking spray. Wash & slice 2 sweet potatoes lengthwise into sticks. In a large bowl, mix 1 tablespoon vegetable oil & ½ teaspoon paprika or cinnamon. Add potato sticks and stir to coat. Place sweet potatoes on prepared baking sheet and lightly sprinkle with salt. Bake for 40 minutes or until tender.

90 Cal., 3.5 g Fat, 0 mg Cholesterol, 80 mg Sodium, 14 g Carb. 2 g Fiber. 1260 RE Vit. A

Sweet Potatoes: Economical & Nutritious

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CH:jds



- Before cooking, scrub thoroughly to remove dirt.
- Use mashed sweet potatoes in recipes calling for pumpkin puree.

- Diabetic Exchange: 1/3 cup of sweet potatoes = one starchy vegetable.
- 1/2 cup of sweet potatoes = one serving from the vegetable group.

Baked: Pierce the potatoes with a fork before baking to let steam escape. Place potatoes on a foil-lined baking sheet for 30-60 minutes in a 400°F oven, depending on size.

Boiled: If cooked whole, there is no need to peel as the skins will slip off easily when done, leaving most of the nutrients intact. The skin is edible, however, and supplies additional dietary fiber. For whole potatoes – cook 15-35 minutes; for chunks, 10-15 minutes.

Microwaved: Pierce several times with a fork and place on a paper towel. For 2 medium potatoes, 5-9 minutes; for 4, 10-13 minutes.

Nutrition Facts	
Serving Size 1 cup, cubes (133g)	
Amount Per Serving	
Calories 114	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 377%	Vitamin C 5%
Calcium 4%	Iron 5%

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

NutritionData.com

Sassy Sweet Potato Chips

- Preheat oven to 375°F.

Peel 4 medium sweet potatoes, slice into 1/8" thick slices. Place in bowl or baking pan.

Combine 4 tsp. corn oil, 1/4 tsp. chili powder, 1/4 tsp. ground cumin, 1/8 tsp. black pepper, and 1/4 tsp. salt in a small bowl. Drizzle over potatoes; toss to coat potato slices well.

Place potato slices in a single layer on a baking pan coated with cooking spray. Bake 10 minutes, turn chips over & bake another 30 minutes, turning chips every 10 minutes*. Transfer chips to wire rack to cool. *Makes 5 (1 cup) servings.*

*To prevent heat loss while turning chips, close oven door each time. Watch closely last minutes of baking to prevent burning.

248 Cal., 4 g Fat, 0 mg Chol., 175 mg Sodium, 50 g Carb., 1 g Fiber, 9 g Sugars, 3 g Protein

Buying, Storing, Prepping, Cooking, & Serving Sweet Potatoes

BUYING

Select sweet potatoes that are:

- Clean
- Blemish-free
- Decay-free
- Dry
- Smooth
- Firm

One decayed area can spoil (transfer an awful flavor) to the whole sweet potato. Cutting it away won't help so don't buy it.



STORING

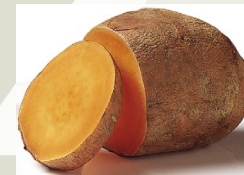
Do not refrigerate uncooked sweet potatoes! This is so important, it's worth repeating - Do not refrigerate uncooked sweet potatoes!

Refrigeration of uncooked sweet potatoes makes them starchy (their natural sugars turn to starch).

Store in a cool, dry area for up to about 7 days (they have a shorter home shelf life than white potatoes).

Store at 55 to 65°F.

PREPPING



Use a stainless steel knife when cutting. Carbon blades make sweet potatoes turn dark.

One medium 6 ounce size cooked sweet potato equals about one cup of the canned ones.