

# Sweet Potatoes

## Key Points

- For the best buy, choose sweet potatoes that are tapered at both ends.
- To prepare sweet potatoes, scrub and remove eyes and dark spots.
- To keep fresh, store in a cool, dry place for 1-2 weeks.
- Sweet potatoes contain vitamin A, which is good for healthy eyes and skin.



## Sweet Potato & Apple Bake

### Ingredients:

- 2 cans (15 ounces each) sweet potatoes, drained
- 2 apples, cored and chopped
- 2 tablespoons (orange or apple) juice
- 1/4 cup brown sugar
- 1 tablespoon soft tub margarine

### Directions:

1. Preheat oven to 375°F.
2. Slice sweet potatoes.
3. Place sweet potatoes and apple chunks in baking dish and add the fruit juice.
4. Sprinkle brown sugar on top of apples and potatoes.
5. Top with margarine.
6. Bake for 30 minutes.
7. Serve hot as a side dish or a dessert. Refrigerate leftovers.

**Makes 7 servings.**

## Sweet Potato Fries

### Ingredients:

- 3 sweet potatoes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon vegetable oil

### Directions:

1. Preheat oven to 400°F.
2. Cut each potato in half lengthwise, and then cut each half into wedges.
3. In a small bowl, combine salt and pepper.
4. In a large bowl, combine the cut potatoes, salt and pepper mixture and oil. Toss until potatoes are evenly coated.
5. Arrange potatoes in a single layer on a baking sheet.
6. Bake until edges are crisp and potatoes are cooked through, about 30 minutes.
7. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- For a baked sweet potato, scrub and wrap in foil. Bake at 375° F for 1 hour .
- Boil sweet potatoes and mash. Add butter and milk for mashed sweet potatoes.
- Sweet potatoes can be used in place of regular potatoes.
- Remember to rinse all fruits and vegetables before using.

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