

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 Stir-Fry

Ingredients:

- 2 tablespoons vegetable oil
- 4 cups chopped sweet potatoes
- 1 teaspoon fresh ginger (optional)
- 2 cups chopped apples
- 1 teaspoon cinnamon

Directions:

1. Heat oil in a large pot over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish!
6. Refrigerate leftovers.

Makes 5 servings.

Adapted from sparkrecipes.com



Just Say Yes to Fruits and Vegetables

Sweet Potato and Red Bean Chili

Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, diced
- 3 cups diced sweet potatoes
- 2 garlic cloves, minced
- 2 cups chopped tomatoes
- 1 1/2 tablespoons chipotle chili powder
- 2 teaspoons ground cumin (optional)
- 1 1/2 cups cooked or 1 15-ounce can red beans, rinsed
- 2 tablespoons chopped cilantro (optional)

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and sweet potatoes, Cook for 4 minutes.
3. Stir in the garlic, tomatoes, chili powder, cumin and 1 1/2 cups water. Cook for 10 minutes.
4. Add beans. Cook until the beans are heated, about 5 minutes.
5. Add cilantro, salt and pepper.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 6 servings.

Adapted from eatingwell.com



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 orange juice and a pinch of brown sugar for a sweet mash.
- Sweet potatoes can be used in place of regular potatoes.
- Remember to rinse all fruits and vegetables before using.

For more information about Stellar Farmers' Markets, visit www.nyc.gov/health/farmersmarkets
Visit our website at www.isyfruitveggies.org for more great recipes!

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