

WHAT'S FRESH

Sweet Potatoes

Sweet Potatoes are a starchy root vegetable that naturally help to control blood sugar levels and can be used in a variety of ways. Their orange color comes from beta carotene, an antioxidant related to Vitamin A.

Quick Tips:

- Gently scrub sweet potatoes under running water before using. Pat dry.
- For even cooking, cut into equally sized pieces.
- Store whole uncut sweet potatoes in a cupboard or drawer away from onions.
- Store cut potatoes in refrigerator and use within 2 days of cutting.
- Use whole potatoes within 2 weeks.
- Save time and nutrients by keeping the skin. It contains valuable nutrients like fiber, potassium, iron and vitamin E and C.

How to cut sweet potatoes:



1. Balance

Slice off one of the rounded sides, long ways, to make a flat edge facing down. This balances the potato for safe cutting.



2. Wedges

Cut in half, long ways. Cut each half in half again and again until you have at least 8 wedges per half.



3. Matchsticks

Slice into 1/2 inch slices (or planks), long ways. [Tip: the thinner the planks, the smaller the cubes or matchsticks will be.]



4. Matchsticks [continued]

Stack planks on top of each other and slice long ways. These can be used as thinner fries or cut in half short ways.



5. Dice or Cube

Start with whole sticks. Rotate to slice short ways and chop across into even cubes.



6. Round or Half Slices

For larger potatoes, cut in half long ways. Keeping knife tip on the cutting board, use rocking motion to cut half slices. If potato is not too big, you can slice it whole.

Ways to cook sweet potatoes:

Bake whole: Preheat oven to 375°F. Wrap in foil and bake for 1 hour or until fork-tender.

Microwave "baked" whole: Poke skin 5-6 times with a fork. Microwave for 5-8 minutes, rotating once half-way through.

Steam cubes: Add several inches of water to a pot with a steamer basket [or use a metal colander that will fit inside the pot]. Bring to a boil then add sweet potato cubes. Cover. Steam for 7-10 minutes until pierced with a fork.

Mash: Steam cubed potatoes, or bake/microwave them whole and scoop out the flesh. Use a fork to mash until smooth. For each potato, add 1 tablespoon of butter or oil and 1 Tablespoon of nonfat milk. Season with salt & pepper to taste.

Oven Roast: Cut potatoes into wedges, matchsticks, cubes or rounds. Preheat oven to 425°F. Toss cut potatoes with a few tablespoons of oil and season with salt and pepper. Roast for 15 minutes. Turn over potatoes and bake for another 10-15 minutes, or until fork-tender.



Apple Glazed Sweet Potatoes

SERVES
4

Directions:

1. Wash sweet potatoes and cut into rounds or half slices.
2. Place sliced potatoes in a large skillet with apple juice, cinnamon and salt.
3. Bring to a boil, reduce heat to medium-low and simmer for 20-25 minutes, or until potatoes are tender and sauce is reduced to a thick glaze.

Ingredients

Sweet Potatoes - ~ 2 lbs
Apple Juice - 2 1/2 cups
Ground Cinnamon - 1/2 teaspoon
Salt - 1/4 teaspoon



Savory Sweet Potato Fries

SERVES
6

Directions:

1. Preheat oven to 425°F. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
2. Leaving skin on, cut sweet potatoes into thick French fry strips, about 1/2 inch wide.
3. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
4. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
5. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender but crispy.

Ingredients

Sweet Potatoes - 4 count
Cayene Pepper - 1/8 teaspoon
Paprika - 1 1/2 teaspoon
Oil - 1 tablespoon
Salt - 1/2 teaspoon
Pepper - 1/4 teaspoon

Enjoy sweet potatoes for any meal!

Breakfast: top with nut butter, banana slices, sunflower seeds and cinnamon.

Lunch: top with black beans, corn, chopped peppers, chili powder and cumin.

Dinner: top with cooked chicken and sautéed spinach, salsa, garlic powder and hot sauce.

- Substitute sweet potatoes in place of white potatoes.
- Add roasted sweet potato cubes to chili, soups and salads.
- Grate raw sweet potatoes and cook with stovetop grits. After cooking add cheese, salt & pepper.