

# Pick a **better snack**<sup>TM</sup> – SWEET POTATOES

## SWEET POTATOES

Wash. Cook. Eat. How easy is that?



- Cut up sweet potatoes like French fries and spray with a low-fat cooking spray. Bake at 375° for 20 minutes.
- Make sweet potato “boats” by cutting in half and cooking in microwave for 6-7 minutes. Top with marshmallows and cinnamon. Cut cheese wedges in the shape of sails and put on potato.
- Make sweet potato “coins” by slicing and coating with cinnamon. Bake the same as “French fries” above.

**Buying tips:** Choose firm, well-shaped, fairly smooth potatoes. Avoid potatoes with wrinkles or holes.

**Special tips:** Clean well by scrubbing with a brush in cold water before use.

**Storing tips:** Store in a cool, well-ventilated area. Do not put in the refrigerator.

**Serving size:** 1 medium potato

*Fruits and vegetables are*

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable.*

## SWEET POTATO-OVEN FRIED AND COINS

**Fries:** Cut up fresh sweet potatoes like French fries and spray with low-fat cooking spray. Place on baking sheet and bake at 375°F for 20 minutes. Sprinkle with a purchased seasoning mix and lemon juice if desired.

**Coins:** Make sweet potato coins by slicing sweet potatoes 1/2 inch thick, spraying with cooking spray and coating with cinnamon and sugar. Bake the same as fries above.

### ACTIVITIES

- Plan a walk between dinner and dessert on Thanksgiving.
- Organize the children at Thanksgiving to play TWISTER.
- Walk two laps around the mall before starting your after Thanksgiving shopping.

*Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.*

For other snack ideas go to:

[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/)

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## On the Go with Sweet Potatoes!

Is it a yam or a sweet potato? The names are often interchanged. The yam is a starchy, edible root that originates in West Africa and Asia. Sweet potatoes are from the morning glory plant family and have origins in tropical America. The produce and grocery industries use the word “yam” to describe sweet potatoes with vivid orange color and sweet, moist flesh. Whether you call it a yam or a sweet potato your body will benefit from its abundance of vitamins A and C, fiber and potassium content and its absence of fat and cholesterol.

Look for potatoes that are heavy for their size and free of bruises or decay. Store sweet potatoes in a cool, well-ventilated area – do not put them in the refrigerator. Clean sweet potatoes by scrubbing with a brush in cold water prior to cooking.

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### Take Sweet Potatoes With You!

- Although we usually eat sweet potatoes while they are still hot after cooking, try preparing a few extra and eat the leftovers cold! They will keep up to five days refrigerated and really do make a tasty snack. Sprinkle with cinnamon and sugar, if desired.
- Ever had sweet potato salad. You are sure to enjoy the one below. It's colorful, tasty and easy to make.

### **Sweet Potato Salad – Serves 4**

1 pound orange fleshed sweet potatoes (4 medium potatoes)  
1 cup green peas, cooked  
¼ cup sliced green pepper  
¼ cup diced red onion  
1 Tbsp. cider vinegar  
1 Tbsp oil  
Black pepper to taste  
1 teaspoon dried oregano

Wash, pierce and dry the sweet potatoes. Microwave on high until tender or about 5 minutes per sweet potato. Cool sweet potatoes, then peel them and cut into 1-inch pieces. Transfer to a serving bowl. Add the rest of the ingredients and mix well. Serve immediately or chill for later use.

Each 1 cup serving: 143 calories, 2.5 g fat, .5 g saturated fat, 0 cholesterol, 12 mg sodium, 20 g carbohydrate, 3.5 g fiber, 2 g protein. Diabetic exchange: 1.5 bread, 1 vegetable.

(Source: **Communicating Food for Health**)

## SWEET POTATOES

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Sweet potatoes, high in fiber, potassium, and vitamin A, C and E, are edible roots belonging to the morning glory family. There are two main types, 1) dry-fleshed – have a tan skin and light flesh; 2) moist fleshed – dark, red-brown skin with deep orange flesh.

### **SWEET POTATO-PEAR SOUP**

2 teaspoons vegetable oil  
1 large onion, chopped (~ 1 cup)  
1 medium rib celery, sliced (~ ½ cup)  
3 medium sweet potatoes peeled and cubed (~ 3 C.)  
2 ripe medium pears, cubed (~ 2 C.)  
4 cups low-sodium chicken broth  
1 cinnamon stick  
1 teaspoon finely grated orange zest  
½ teaspoon dried thyme  
¼ teaspoon ground nutmeg  
¼ teaspoon salt  
¼ teaspoon black pepper  
8 ounces low-fat plain yogurt – optional

In a large saucepan, heat the oil over medium heat. Add the onion and celery – cook for about 10 minutes until soft, but not brown. Add the sweet potatoes, pears, broth, cinnamon, orange and thyme. Bring to a boil; reduce heat and simmer, covered, for 35-45 minutes or until potatoes are tender. Remove cinnamon stick. Use a hand-held blender to puree the mixture in the saucepan until smooth (or use blender to puree in several batches). Stir in nutmeg, salt and pepper. Cook over medium heat until heated through. To serve, garnish each bowl with a pear slice and dollop of yogurt.

### **TWICE BAKED GARLIC SWEET POTATOES**

1 small whole head garlic  
Vegetable cooking spray  
6 small unpeeled sweet potatoes (2 ¼ lbs)  
1/3 cup low-fat sour cream  
¼ tsp. salt; 1/8 tsp. pepper  
Remove outer covering from garlic; do not peel or separate cloves. Wrap garlic in aluminum foil coated with vegetable spray; place garlic and sweet potatoes on a baking sheet. Bake in 400°F oven for 1 hour and 15 minutes; let cool 10 minutes. Separate cloves and squeeze to extract 2 tsp. pulp. Slice skin away from top of each potato; carefully scoop out pulp, leave shells intact. Mash pulp; stir in garlic pulp, sour cream, salt and pepper. Spoon into shells. Bake at 400°F for 15 minutes or until thoroughly heated. Makes 6 servings.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

• A healthy heart	• A healthy immune system
• Vision health	• A lower risk of some cancers

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