



# SWEET POTATO



## NUTRITION BENEFITS

- Vitamin A: helps with seeing at night and helps the immune system
- Vitamin C: helps heal cuts and helps the immune system
- Fiber: helps reduce cholesterol levels and may lower your risk of heart disease



## STORING

- Store at room temperature for 5-7 days.
- If stored in a cool (50°-60°F), dark area, they will last about 1 month.



## CLEANING

Rinse under cool running water and scrub with a produce brush.



## PREPARING

Preheat oven to 400°F. Pierce sweet potato with a fork 5-6 times. Place on a baking sheet lined with foil. Bake until tender, 45 minutes-1 hour.

Microwave: Pierce potato with a fork 5-6 times. Place on a microwavable plate and microwave for 5-8 minutes, rotating and flipping halfway through.

### Sweet Potato Fries

#### Ingredients:

- 1 1/2 pounds sweet potatoes (about 4 medium)
- 1 tablespoon vegetable oil
- 1/8 teaspoon salt

#### Dip:

- 1/4 cup light mayo
- 1 tablespoon ketchup
- 1/8 to 1/4 teaspoon cayenne pepper, chili powder, or paprika

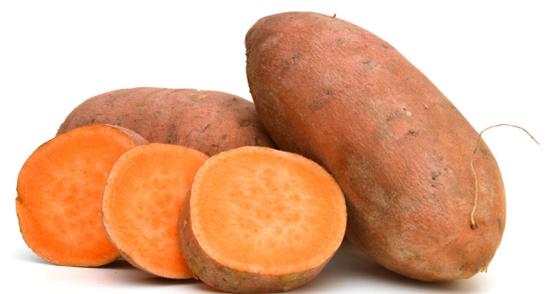
#### Instructions:

1. Preheat oven to 425°F.
2. Rinse potatoes under running water and scrub well. Peel if desired.
3. Cut the potatoes in half lengthwise.
4. Lay each potato half flat and slice into half-round shapes about 1/4 inch thick.

5. Combine potatoes, oil, and salt in a bowl. Stir so potatoes are covered with oil.
6. Grease cookie sheet with a thin layer of oil and lay potato slices in a single layer.
7. Bake for about 30 minutes, turning after 15 minutes.
8. While potatoes are baking, mix the dip ingredients.
9. Serve immediately.

### Other ideas

- Shred raw sweet potato into a salad or coleslaw to add color and texture.



This program is funded by USDA's Supplemental Nutrition Assistance Program and Iowa State University Extension and Outreach. USDA is an equal opportunity provider and employer.

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.