

Sweet Potato

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about sweet potatoes, watch Eating Healthy with Michelle – Lesson 8. The video can be found at <https://www.youtube.com/watch?v=W913LfmXr5A&feature=youtu.be>.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts

- Sweet potatoes grow underground as tuberous roots.
- First grown by the Native Americans.
- Sweet potatoes are an excellent source of:
 - Vitamin A – helps our eyesight
 - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
 - Fiber – helps our digestive system
 - Calcium – for strong bones and teeth
 - Potassium – helps our blood pressure and balances the fluids in our body for hydration.



How to Pick 'Em

- Choose sweet potatoes that are:
 - Firm
 - Smooth
 - Few dents
 - Uniform in shape for even cooking
- Avoid sweet potatoes with cracks, soft spots, or sprouts.
- Store at room temperature or 5-7 days or in a cool, dry, dark area for about a month.



Try it at Home

- Sweet potatoes can be eaten raw but are usually cooked, baked, broiled, microwaved, mashed, or fried.
- Can eat the smooth, thin skin.
- Add to stir-fries, soups, and casseroles.

Sweet Potato Fries

Ingredients:

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

Directions:

1. Preheat oven to 425°F.
2. Scrub and rinse potatoes under running water. Peel if desired.
3. Cut 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 until potatoes are covered with oil.
6. Grease cookie sheet with oil and lay potato slices in a single layer.
7. Bake for about 30 minutes, turning each fry over after 15 minutes. Serve immediately.



Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/sweet-potato-fries/>

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