



# Sweet Potatoes

Packed with Vitamins A, C and E!



## Nutrition Tips:

- Most nutrient dense vegetable available with only 140 calories.
- One of the few fat-free vitamin E sources.
- Provide an abundance of beta carotene; it would take 16 cups of broccoli to provide the same amount.
- Enjoy the skin for the most nutritional benefit. When the skin is consumed it has more fiber than oatmeal.

## How to Pick and Store:

- Choose sweet potatoes that are small to medium size, firm, and with no soft spots.
- Store sweet potatoes in a dark, dry, and cool environment for up to 1 month.
- Remember to take out of the plastic produce bag, for storage.
- Store only cooked sweet potatoes in the refrigerator, use within 3-5 days.
- Discard potatoes with rotten spots as the flavor will be affected.

## How to Increase Consumption:

- Sweet potatoes can be microwaved, baked, boiled, or broiled.
- Serve mashed or baked sweet potatoes with a little butter, sugar and cinnamon.
- Make baked sweet potato fries by slicing, topping with olive oil, salt, and pepper.
- Add to existing sweet or savory dishes such as soups, casseroles, curries etc.



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<http://www.childhoodobesitycoalition.org/>

## Featured Recipe

### Pecan Delight Sweet Potatoes

Serves 6

#### **Ingredients:**

- 2 lbs. sweet potatoes (about 4 medium)
- 3 Tbsp. amaretto liquor\*
- ¼ cup fat-free half-and-half
- 1 Tbsp. sugar
- 1 tsp. orange zest
- ¼ tsp. ground cinnamon
- ¼ cup toasted pecan pieces

#### **Directions:**

Microwave sweet potatoes on high for 5 minutes or until soft. Cool. Remove skins and place pulp in a medium sized bowl. Beat in amaretto, half-and-half, sugar, orange zest and cinnamon. Spread sweet potato mixture into a microwave-safe serving dish sprayed with cooking spray. Heat potatoes in microwave 3 to 4 minutes or until heated through. Sprinkle with pecans just before serving.

**Per serving:** 190 calories, 4 g fat, 3 g protein, 34 g carbohydrate, 4 g fiber, 55 mg sodium

\*1-2 tsp. almond extract may be substituted for amaretto liquor

**\*\*This recipe is a Foot Steps to Health recipe and is 500 Club Approved.\*\***

## African Sweet Potato Stew

Yield: 6 servings (serving size: 1 1/3 cups stew, 1 1/2 teaspoons peanuts, and 1 lime wedge)

#### **Ingredients:**

- \* 1 1/2 cups chopped onion
- \* 1 garlic clove, minced
- \* 4 cups (1/2-inch) cubed peeled sweet potato (about 1 1/2 pounds)
- \* 1 1/2 cups cooked black beans
- \* 1 1/2 cups vegetable broth
- \* 1 cup chopped red bell pepper
- \* 1/2 cup water
- \* 1 teaspoon ginger
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon ground cumin
- \* 1/4 teaspoon black pepper
- \* 1 (14.5-ounce) can diced tomatoes, drained
- \* 1 (4.5-ounce) can chopped green chiles, drained
- \* 3 tablespoons creamy peanut butter
- \* 3 tablespoons chopped dry-roasted peanuts
- \* 6 lime wedges

#### **Preparation:**

Place all ingredients through chiles in a 5-quart electric slow cooker. Cover and cook on low 8 hours or until vegetables are tender. Spoon 1 cup cooking liquid into a small bowl. Add peanut butter; stir well with a whisk. Stir peanut butter mixture into stew. Top with peanuts; serve with lime wedges.

**Per serving:** Calories 300, 8 g fat, 10 g protein, 50 g carbohydrate, 9 g fiber, 620 mg sodium.