

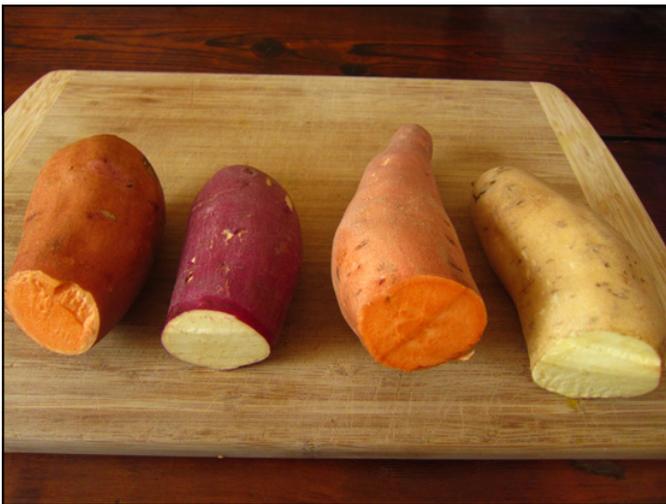
SWEET POTATO



In the garden:



Ready to eat:

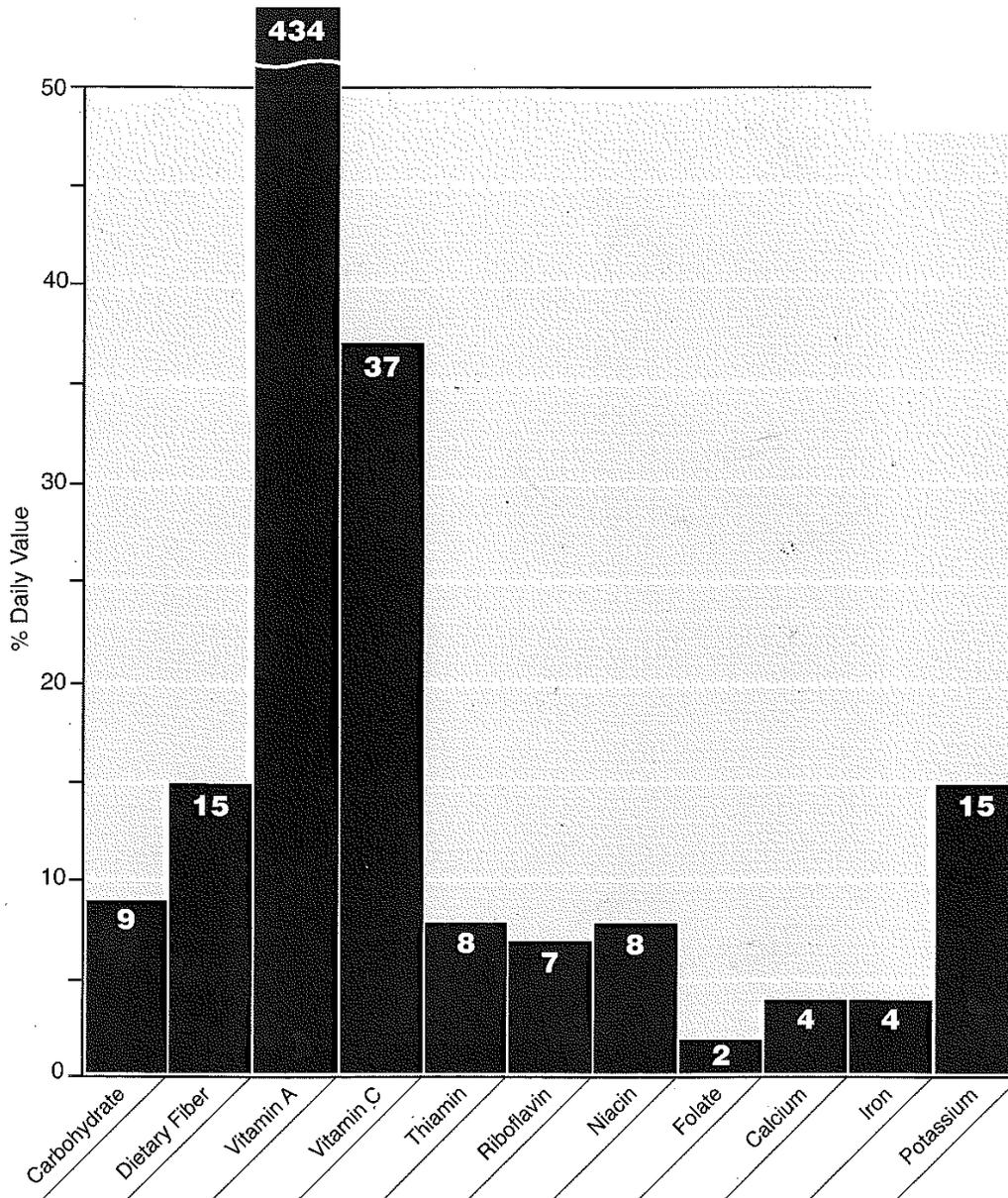


FUN FACTS:

- Sweet potatoes are a superfood, loaded with Vitamins A, C, and E.
- Sweet potato skin can be white, golden, red, or purple.
- When you eat sweet potatoes you are eating a tuberous root!
- Sweet potatoes are actually not related to potatoes.

Sweet Potato

Nutrition Facts



Serving Size

- 1 Medium Sweet Potato
- 113 Grams
- 102 Calories
 - 1% from fat
 - 6% from protein
 - 92% from carbohydrate
- 2 Grams Protein
- 23 Grams Carbohydrate
 - 4 grams dietary fiber
- 0.2 Gram Fat
- 86 Grams Water
- 41 Milligrams Sodium

Sweet potatoes are often incorrectly referred to as yams.

From California Department of Education, 2007

Sweet Potatoes are full of Vitamin A for eye and skin health.

Sweet Potato Chips



Ingredients:

3 medium sized sweet potatoes- cut into 1/4 inch thick half moons

1 tablespoon of oil

Spices (your choice: salt, pepper, cinnamon, oregano, cayenne, garlic etc.)

Directions

1. Preheat oven to 450° F.
2. Wash sweet potatoes and let dry in a colander.
3. Cut the potatoes in half and slice into half moons $\frac{1}{4}$ inch thick.
4. Mix in a bowl with olive oil and sprinkle lightly with salt and pepper.
5. Lay potatoes flat on a baking sheet in one layer then bake in the oven at 450° F. for 20-30 minutes.

You can also cook the sweet potatoes in an electric skillet at 350° - 375° F. with the lid on and slightly venting the top for 10 - 15 minutes. Carefully lift the lid and stir the sweet potatoes occasionally while cooking.

Helpful Storage Tips:

- Select sweet potatoes without cracks or soft spots.
- Store sweet potatoes in a dry, cool, dark area.

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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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