



# SWEET POTATOES

## Sweet and nutritious tubers

Sweet potatoes are tuber vegetables that can be made either sweet or savory in recipes, are inexpensive, and easy to add to your diet. These hearty veggies are also quite nutritious. One medium sweet potato provides the entire daily recommended intake of vitamins A and C, and is also a good source of manganese, potassium, and vitamins B-5 and B-6.

## Buying and storing

**BUYING:** Look for sweet potatoes that have no bruises, soft spots, or signs of sprouting.

**STORING:** Store sweet potatoes in a cool, dry place instead of in the refrigerator; use within 2 weeks. Store cooked sweet potatoes in a tightly closed, nonmetal container in the refrigerator.

## Preparing and Cooking

Wash sweet potatoes to remove any dirt from the skin. It is not necessary to peel sweet potatoes before cooking them.

**BAKING:** A medium sweet potato bakes in 45 minutes at 400°F. Poke with a fork 3 to 4 times before baking to allow steam to escape.

**BOILING:** Use a small amount of water and cover the pan so vitamins are not lost when cooking. Whole potatoes cook in 30 to 40 minutes. Cut-up potatoes cook in 20 to 30 minutes.

**MICROWAVING:** A medium sweet potato cooks in 5 to 7 minutes on HIGH in the microwave.

Poke with a fork to prevent bursting. Turn over once for best results.

## Ways to enjoy

- Use diced or cubed sweet potatoes in **soups**.
- Use pureed sweet potatoes in **baked goods**, such as breads or muffins.
- Top **baked sweet potatoes** with cinnamon, a little brown sugar, and nuts for a sweet treat or choose savory toppings like garlic, pepper, and cheese.
- **Mash sweet potatoes** with a little milk, butter, salt, and pepper.
- Try **sweet potato quesadillas** with spinach and a small amount of cheese. Top with salsa and low-fat sour cream.
- Make **sweet potato fries**: Cut peeled sweet potatoes into ½ inch square strips (French fry shape). Add a small amount of olive oil, toss to coat evenly. Bake at 450°F on a parchment covered baking sheet for about



## Peanutty African Stew

Yield: 8 Servings | Serving Size: 1 Cup

- 1 cup instant brown rice
- 2 cups chicken broth
- 1 teaspoon dry onion, minced
- ½ teaspoon garlic powder
- 2 cups sweet potatoes, peeled and cut into small squares
- 1- 14.5 ounce can diced tomatoes with liquid
- ½ teaspoon salt (optional)
- ½ cup creamy peanut butter
- 1¼ cups nonfat milk
- 3 cups spinach leaves, chopped or 12 ounces frozen spinach

1. Combine rice, broth, dry onion, garlic powder, sweet potatoes, tomatoes, and salt (if using) in a soup pot; bring to a boil then reduce to medium-low heat. Cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls. If desired, top with peanuts and green onions.

*Tip: Add diced red or green peppers in step one.*

Nutrition Facts	
6 servings per container	
Serving size 1 cup plus 1/2 ear of corn (198g)	
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 445mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Grilled Vegetables

Yield: 6 Servings | Serving Size: 1 Cup + 1/2 Ear of Corn

- 2 Tablespoons vegetable oil
- 2 garlic cloves, finely chopped
- 3 sweet potatoes, cut into ½-inch slices
- 3 corn cobs, cut into 2-inch sections
- 1 zucchini, cut into ½-inch slices
- Salt and pepper (optional)

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetables on broiler pan or grill. Cook for 10 minutes, turning twice.
3. Continue to cook until vegetables are tender, turning every 5 minutes.
4. Add salt and pepper, if desired.

Nutrition Facts	
8 servings per container	
Serving size 1 cup (252g)	
Amount per serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 2mg	10%
Potassium 439mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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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 the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.