

Sweet Potato

Vegetable - Root

Food Facts

Serving Size ≈ 1/2 Cup

- Varieties Sweet potatoes are rich in antioxidants that help protect your cells and body functions; orange are high in beta-carotene and purple in anthocyanins
- **STORAGE** Store in a dark, cool (60f), well-ventilated area to keep them fresh for 3-4 weeks.
- Two food Groups Sweet potatoes are a starchy vegetable and a carbohydrate.



How to Use

- Get Creative Season sweet potatoes with ginger, nutmeg or cinnamon.
- Spruce Up a Dish You can add cooked chopped or diced in a salad or soup for a bit of sweetness!
- Enhance the Flavor Roasting sweet potatoes will bring out their natural sweetness







Sweet Potato Hash

Serves 6

Ingredients

1/4 Cup - Vegetable oil

1 Cup - Bell pepper chopped

1 Cup - Onion chopped

2 Medium - Sweet potatoes cubed

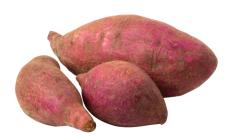
1 tsp - Cumin ground

1 tsp - Salt

1 tsp - Red pepper flakes

Instructions

- 1. Heat oil in a large skillet, over medium-high heat.
- 2. Saute bell peppers and onions until tender, about 5 minutes.
- 3. Add remaining ingredients and reduce heat to medium.
- 4. Cook for 20-25 minutes, stirring every 2-3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.



Nutrition Facts
Serving Size 1.00 cup
Serving Per Container 6

Amount Per Serving

Calories 244	
	% Daily Value*
Total Fat 9 g	12%
Saturated Fat 1 g	5%
Sodium 407 mg	18%
Total Carbohydrate 38 g	14%
Dietary Fiber 4 g	14%
Protein 3 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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