



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

- ¼ 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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