



SWEET POTATOES

Description

Sweet potatoes are in season September to December. Vitamin A, potassium, magnesium, and fiber are some of the nutrients found in sweet potatoes. Vitamin A is an antioxidant that may help reduce your risk of developing heart disease and certain cancers. Potassium plays a critical role in maintaining blood pressure and magnesium is responsible for helping build and maintain strong bones.

Selecting

Choose small to medium sized sweet potatoes that are firm. Look for those that have smooth skin without bruises or cracks.

Storing

Store sweet potatoes in a cool, dark place. Length of storage varies based on storage conditions.

Preparing

Gently scrub dirt from the surface while running under cool water. Sweet potatoes can be cooked with or without the skin. Possible cooking methods include roasting, baking, steaming, boiling, grilling, sautéing, and frying.

Recipe of the Month

Sweet Potato and Apple Bake (Recipe adapted from *MyPlate Kitchen*)

Ingredients:

- 3 ½ cups of boiled sweet potatoes, drained and cut into bite sized pieces (reserve 2 TBSP of cooking liquid)
- 2 cups peeled apples cut into bite-sized pieces
- 2 TBSP packed light brown sugar
- ⅓ cup chopped pecans
- 2 TBSP flour
- 2 TBSP unsalted butter, melted

Directions:

- Preheat oven to 350 degree Fahrenheit.
- Add sweet potatoes and apples to the baking dish.
- Pour 2 TBSP of sweet potato liquid over the mixture.
- Mix brown sugar, nuts, flour and melted butter together and sprinkle over the top.
- Bake for 25 minutes until the top is golden brown.

Nutrition Facts

1 servings per container	
Serving size	1 medium 5" sweet potato
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 438mg	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.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Need help stretching your food dollars?

Contact your local resource center or go online to: **mydss.mo.gov/food-assistance**

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