

SWEET POTATOES



HOW DO THEY TASTE?

Starchy, creamy and sweet!

HOW DO I PICK THEM?

Choose sweet potatoes with tight, smooth, unwrinkled skin. Look for small to medium sweet potatoes, which usually have the best flavor and texture. Sweet potatoes can be found locally in their peak season between the months of August to October and found locally from storage in November and December.

HOW DO I STORE THEM?

Store sweet potatoes in a cool, dark place, such as a pantry, for up to 2 weeks.

HOW DO I PREPARE THEM?

1. Wash and scrub potatoes to remove any dirt.
2. If skin is thick and dry, peel the sweet potatoes. Otherwise, leave the skin on for extra fiber.
3. Prepare according to recipe being used.

Bake them whole in the oven, cook and **mash** them, slice into wedges and **roast** in the oven for healthy sweet potato fries, cut into circles and **bake** into chips...and SO much more!



SWEET POTATO FRIES

Ingredients:

- 3 medium sweet potatoes
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon cinnamon

Directions:

1. Preheat oven to 450°F.
2. Wash sweet potatoes. Leaving skin on, cut each potato into thin wedges.
3. Place sweet potatoes in a medium bowl. Add oil, salt, paprika, and cinnamon. Mix well to coat the strips. Spread onto a baking sheet in a single layer.
4. Bake for 15 minutes, then flip the strips over. Bake 10-15 minutes more until golden brown.
5. Enjoy as is or with your favorite dip.



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KITCHEN TIP!

Cooked sweet potatoes can be stored in the refrigerator in a covered container for up to 4 days.