



# Sweet Potatoes



## Selecting Fresh Sweet Potatoes:

- Look for thick sweet potatoes that taper at the ends.
- Choose a firm sweet potato with smooth, even colored skin.
- Sweet potatoes have a moist orange flesh somewhat brighter than the skin.
- Avoid sweet potatoes with sunken, soft or decayed areas and those with discolored, wrinkled, shriveled or broken skin.

## Measuring Fresh Sweet Potatoes:

1 pound = 3 medium (5" x 2" each) = 2 cups boiled = 1 1/2 cups mashed

1 medium cooked sweet potato = 5 ounces by weight = 150 grams

## Handling and Preserving:

- Handle gently, sweet potatoes bruise easily.
- Do not store in a plastic bag and do not refrigerate. Store unwashed sweet potatoes, stacked no more than three deep, in a dark pantry OR a covered basket (with air holes) on the countertop. Keep potatoes away from heat and use within 1 to 2 weeks.
- When kept in a cool (50-55°F), humid, dark, dry, well-ventilated place, sweet potatoes can last for up to 4 months.
- **To freeze:** Gently scrub potatoes under cold running water. Bake OR boil whole, mature, sweet potatoes until almost tender. Cool completely, do not peel, and wrap each potato in foil. Pack into freezer bags, seal, date and store for up to 6 months. Defrost in the refrigerator.

## Preparation and Serving:

- Scrub sweet potatoes under cold running water. Cut out any bad spots.
- **To cook:** boil or steam halved or quartered sweet potatoes for 15-25 minutes or bake whole in a 400° F oven for about 30 minutes, until tender.
- Enjoy sweet potatoes in savory entrées and sides dishes or sweet treats and desserts.

**Nutrition Facts:** one serving = 1/2 cup baked sweet potato with skin: Calories 90, Protein 2 grams, Carbohydrates 24 grams, Sugar 8.4 grams, Fat 0 grams, Fiber 3.3 grams. Sweet potatoes provide carotenoids (which the body converts to vitamin A), B vitamins and vitamin C to the diet.

References: [www.urbanext.uiuc.edu/veggies](http://www.urbanext.uiuc.edu/veggies), [www.fda.gov/fdac/special/foodlabel/raw.html](http://www.fda.gov/fdac/special/foodlabel/raw.html), ESHA Food Processor, <http://agnews.tamu.edu/dailynews/stories/CROP/Nov1902a.htm>, <http://aggie-horticulture.tamu.edu/plantanswers/vegetables/sweetpotato.html>, Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall

## Baked Sweet Potato Fries \$

*Serves 4*

### Ingredients:

1 pound sweet potatoes, peeled & cut into 1/2-inch-thick "fries"  
1 Tablespoon olive oil  
Salt and Pepper to taste



\*Try adding any of your favorite seasonings; things like rosemary, garlic, steak seasoning, or cayenne pepper.

### Preparation:

Preheat oven to 425°F. Lightly coat baking sheet with nonstick cooking spray.

In a large bowl, combine sweet potatoes, oil, salt, pepper and any other seasonings you choose to use. Toss to coat. Spread fries in single layer on baking sheet.

Bake 10 minutes. Turn fries over. Continue baking until tender and lightly browned, about 10 minutes longer.

### Nutrition Information

Per serving: 102 calories, 1 g protein, 17 g carbohydrates, 4 g fat, 0 g saturated fat, 0 mg cholesterol, 2 g fiber, 152 mg sodium

### Approximate Pricing Scale

\$ = less than \$15    \$\$ = \$15-\$20    \$\$\$ = \$20-\$25