



# Sweet Potatoes

## 3 Prep and cooking tips

- Sweet potatoes can be cooked whole, sliced, peeled/unpeeled, cubed, microwaved, or boiled in water.
- To best roast a sweet potato, poke it with a fork and roast in the oven at 400° F.
- Add some chopped nuts and cinnamon to your mashed sweet potatoes for a tasty dessert.

## 2 Shopping and storage

- Look for firm sweet potatoes that have smooth skin, and no bruises or cracks
- Sweet potatoes are best stored unwrapped in a cool, dry, dark place for use between 3-5 weeks.

## 1 Nutrition Fact:

- Sweet potatoes are an excellent source of vitamin A, vitamin C, and fiber. Vitamin A keeps our eyes healthy and our immune system strong. Vitamin C is important for growth and repair of cells which helps our bodies heal quickly. Fiber helps with healthy digestion and keeps us feeling full for a longer period of time.

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