

# Sweet Potatoes



Sweet Potatoes are a starchy, sweet tasting root vegetable. They are native to tropical regions in South America and packed with vitamins, minerals, and fiber.

## Used in:

Snacks, side dishes, or salads

## What do they taste like?

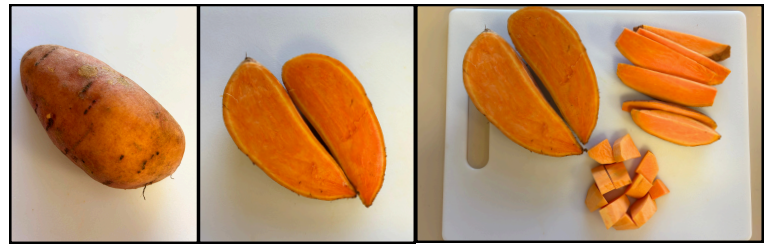
Starchy, creamy, sweet. Small to medium sweet potatoes will have the best flavor and texture.

## How do I store, save, and freeze them?

Store them in a cool, dark area for up to a month away from onions and garlic. Cooked sweet potatoes can be stored in the fridge for up to 4 days and can be stored whole, sliced or mashed in the freezer for 8-12 months. Season when ready to cook as spices can change flavor when frozen.

## How do I prepare them?

1. Rinse and scrub under water with veggie brush to remove dirt
2. Cut off any damaged parts.
3. Prepare as recipe calls for. If skin is not too thick you can leave on for extra fiber.



## How do I cook them?

**On the stove top:** Bring a pot of water to a boil. Leave skin on or off as desired. Dice potatoes into chunks and place in the boiling water for 20 to 30 minutes or until they are tender when you poke them with a fork. Drain the water, then add milk, butter, salt, and pepper to taste. Mash and serve.

**In the oven:** Heat oven to 450°F. Clean potatoes by scrubbing with a vegetable brush and laying on an oven rack. Bake for 30 to 45 minutes. Eat out of skin or scoop and mash. Season as desired.

**Seasoning ideas:** Sweet: cinnamon, orange, ginger, maple syrup, lemon, or honey. Savory: thyme, rosemary, garlic, dill, parsley, onion, cayenne, or chili.

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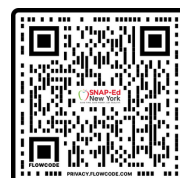


*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Sweet Potatoes from SNAP-Ed NY:



To find these recipes & more on our website.



To find more produce guides on our website.



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

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