



Give Them More
— of the —
Good Stuff!

Sweet Potato Basics

Shop and Save



- ☼ Choose firm, smooth skinned sweet potatoes without cuts, soft spots or bruises.
- ☼ Fresh sweet potatoes are likely to be lowest cost and best quality from October to January.
- ☼ Frozen and canned sweet potatoes (yams) are available year-round.

Sweet Potato Math

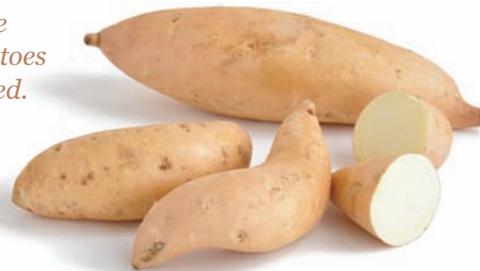
One pound raw fresh sweet potato =
3 cups shredded, cubed or sliced =
1 3/4 cups cooked, mashed

Sweet potatoes are packed with vitamins, minerals and fiber.



Orange flesh-
Usually called yams in the store. Moist and sweet when cooked.

Yellow flesh-
Texture like baked potatoes when cooked.



Preparing Sweet Potatoes

Fresh/Raw: Serve sticks or thin rounds with your favorite dip, or grate and toss in a salad.

Bake/Roast: Prick the skin of whole sweet potatoes several times with a fork. Bake until tender. Depending on size and oven temperature, whole sweet potatoes take 45 - 60 minutes; cubes or sticks take 20 - 30 minutes.

Microwave: Prick the skin of whole sweet potatoes several times. Microwave on high until tender, 5 to 8 minutes for whole sweet potatoes depending on size and amount.

Steam: Steam in a basket over boiling water until tender, about 40 - 50 minutes for whole sweet potatoes and 15-30 minutes for cubes.

Boil: Cook in boiling water until tender, about 35 - 40 minutes for whole sweet potatoes and 12 minutes for cubes.

Sauté: Peel and slice or cube. Sauté in a small amount of oil until tender, about 10 minutes.

Grill: Slice lengthwise into halves or thick slices. Grill until tender, turning once.

Store Well Waste Less



- Store in a cool, dark area in an open container or bag that allows air flow. Use within 2 weeks for best quality. Refrigeration of raw sweet potatoes can cause a hard center and an unpleasant taste.
- Scrub under cool running water just before using.

- Cooked sweet potatoes can be stored in the refrigerator in a covered container for 4 to 5 days.
- Cooked sweet potatoes can be frozen whole, sliced or mashed.
 - Package in an airtight bag or container. Use within 10 to 12 months.

Sweet potatoes are often called yams in the United States.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Sweet Potatoes

Sweet Potato and Orange Muffins

Ingredients:

- 2/3 cup **all-purpose flour**
- 2/3 cup **whole wheat flour**
- 1 1/2 teaspoons **baking powder**
- 1 1/4 teaspoons **baking soda**
- 3/4 teaspoon **cinnamon**
- 1/4 teaspoon **nutmeg**
- 3/4 cup mashed **sweet potatoes** (yams), cooked or canned/drained
- 1/3 cup **brown sugar**
- 1 **egg**, lightly beaten
- 2/3 cup **orange juice**
- 1/4 cup **carrot**, grated
- 3/4 teaspoon **vanilla**

Directions:

1. Preheat oven to 400 degrees. Lightly oil muffin tin for 12 muffins.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon and nutmeg. Blend well.
3. In a separate bowl, combine sweet potatoes, brown sugar, eggs, orange juice, carrots and vanilla. Mix well.
4. Add dry ingredients to liquid ingredients. Stir gently until flour is just moistened.
5. Fill muffin tins 3/4 full. Bake 20 minutes or until muffins are browned and bounce back when touched lightly in the center.
6. Cool 5 minutes and loosen around the edge of each muffin to remove from tins.
7. Cool completely then store in an airtight container at room temperature.

Makes 12 muffins

Prep time: 10-15 minutes

Cook time: 20 minutes

Mash cooked sweet potatoes with enough milk to make creamy. Season with salt and pepper or add a dash of cinnamon or chili powder.



Slow roasting brings out the natural sweetness of sweet potatoes. Make extra to use in recipes later.

Savory Sweet Potatoes

Ingredients:

- 3 1/2 cups **sweet potatoes**, peeled and diced
- 1 Tablespoon **oil**
- 1 teaspoon **salt**
- 1/2 teaspoon **sugar**
- 2 teaspoons **Italian seasoning**
- 1/4 teaspoon **pepper**

Directions:

1. Preheat oven to 400 degrees. Line a baking sheet with foil.
2. Mix the sweet potato cubes with the oil, salt, sugar, Italian seasoning and pepper so that each piece is coated.
3. Arrange cubes in a single layer on the baking sheet.
4. Bake for 10 minutes. Stir or turn cubes. Bake and additional 10 minutes or until tender and golden brown.
5. Refrigerate leftovers within 2 hours.

Notes: No Italian seasoning? Use 1 teaspoon dried oregano, 1 teaspoon dried basil and 1/2 teaspoon garlic powder.

Makes 2 1/2 cups

Prep time: 10 minutes

Cook time: 20 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- scrub sweet potatoes under cool running water.
- prick whole sweet potatoes with a fork before baking or microwaving.
- mix sweet potato cubes with oil and seasonings before roasting.