CHARACTERISTICS

• Sweet potatoes are root vegetables that are very sweet and starchy.
• Sweet potatoes can have orange or purple flesh. When you choose sweet potatoes, make sure they do not have cracks or bruises.
• 1 cup of baked sweet potato contains:
  − 214% of your daily recommended value of vitamin A to support healthy vision.
  − 52% of your daily recommended value of vitamin C, which supports a healthy immune system.

PREPARE

Wash and scrub sweet potatoes before eating. The skin is edible and is a great source of fiber. You can peel the skin before preparing sweet potatoes if you prefer.
Try sweet potatoes:
• *Cut into wedges and baked* to make healthy sweet potato fries
• *Microwaved or baked whole* like a baked potato
• *Boiled and mashed* with herbs and spices
• *Cubed and roasted* with other vegetables

STORE

• Store for up to 4 weeks in a cool, dark location. Do not refrigerate, as it will make sweet potatoes bitter.
• Cooked sweet potatoes can be stored in the refrigerator for up to 5 days.
• Cooked sweet potatoes can be frozen for up to 1 year.