

SWEET POTATO

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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.