



TRY THIS: SWEET POTATO

Did you know: Sweet potatoes are a nutrition powerhouse, affordable to use, easy to find in the grocery store and even easier to use at home! Like most vegetables they are fat- and cholesterol- free, low in sodium and high in vitamin A and C and a great tasting way to add in fiber and potassium. Tastes great roasted, sautéed, or tossed into soups and stews.



HOW TO:

Pick it: Choose firm, small to medium sized potatoes with a smooth skin. Avoid cracks, soft spots and blemishes or remove those before preparing.

Store it: Store it outside the refrigerator in a cool, well-ventilated, dark place. It can keep for 3-5 weeks.

Use it: To peel or not to peel, that is up to you, just wash it first! Then slice, dice, or cut into chunks according to your recipe directions. Or stab it a few times with a fork and make a baked sweet potato in your microwave.

When it's in season: September to December is peak time for this spud but it's readily available much of the year in most grocery stores.

SUNSHINE SPUD SALAD

Servings: 8

Ingredients:

- 2 ½ c. sweet potatoes, grated
- 2 ½ c. apples, grated
- ¾ c. shredded coconut
- ¾ c. sliced almonds or walnuts
- 1 20oz. can of crushed pineapple, drained (reserve juice)
- 2/3 c. raisins or cranberries
- Juice of one lime

Directions:

1. Mix all the ingredients together and drizzle with ¼ cup of reserved pineapple juice.
2. Chill before serving.

BAKED SWEET POTATO FRIES

Servings: 6

Ingredients:

- 3 large sweet potatoes
- 3 tbsp. olive oil
- 1 tsp. paprika
- Pinch of cayenne
- Salt and ground black pepper to taste

Directions:

1. Preheat oven to 425 degrees.
2. Wash and cut potatoes into ¼ inch slices.
3. In a large bowl add oil and spices. Mix.
4. Toss in the potato slices in the spice mix.
5. Season with salt and pepper to taste.
6. Spread on a single layer on baking sheet.
7. Bake until tender and golden brown, about 20 minutes, turning occasionally to brown evenly.