

A greater sweet tater, 'cause you made 'er.

| Types | Choose it. | Use it. | Prep it. |
|-------|------------|---------|----------|
| | | | |

How will you serve sweet potatoes to your family?

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity provider and employer. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Sweet Potatoes

Love 'em and eat 'em.

Seasoned sweet potato oven fries

Adapted from the Garden-Fresh Vegetable Cookbook by Andrea Chesman

- 4 medium sweet potatoes
- 2 Tablespoons olive oil
- 1 teaspoon garlic salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon chili powder
- 1/4 teaspoon pepper

Preheat the oven to 450°. Lightly grease a large sheet pan or shallow roasting pan with oil. Cut each potato into sticks ½ inch thick. Combine the oil, garlic salt, cumin, salt, chili powder, and pepper in a large bowl and mix well. Add the potatoes and toss to coat. Arrange the potatoes in a single layer on the prepared pan. Bake 15 minutes then turn potatoes, and bake another 10 minutes.

**Add 'em to soups or stews,
or roast 'em with other
delicious vegetables!**

sweet potato sandwich wrap

Adapted from the North Carolina Sweet Potato Commission

- 1 medium sweet potato
- 1/2 teaspoon chopped garlic
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- Pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon basil
- 4- 10 inch flour tortillas
- 8 slices turkey breast
- 1 large ripe tomato, thinly sliced
- 1 avocado, pitted and sliced

Boil sweet potato until softened. Remove skin and mash the potato in a bowl. Stir in garlic, lemon juice and seasonings and set aside to cool. Spread cooled mixture on each tortilla. Evenly distribute toppings on each tortilla and roll up to make wraps.

Best-ever mashed sweet potatoes

From the Garden-Fresh Vegetable Cookbook by Andrea Chesman

- 4 tablespoons butter
- 2 tablespoons milk
- 1 tablespoon maple syrup
- 1 teaspoon salt
- 2 pounds sweet potatoes, peeled, quartered lengthwise and thinly sliced
- Pepper

Combine the butter, milk, syrup, salt and sweet potatoes in a saucepan. Cover and cook over low heat, stirring occasionally, until the potatoes are quite tender and fall apart as you stir, about 35 minutes. Remove the pan from the heat and mash the potatoes with a potato masher or fork. Whip with a whisk or a spoon. Season with pepper, taste, and adjust the seasoning. Transfer to a serving dish and serve hot.