



NATURE'S EYE CANDY

sweet potato

Sweet potatoes owe their rich orange hue to beta-carotene, a phytonutrient that the body converts to vitamin A. Vitamin A is essential for healthy vision, skin and immune function.

DID YOU KNOW?



- Cooking sweet potatoes in their skin helps better preserve their nutrient content.
- Sweet potatoes are roots and white potatoes are tubers.
- Although used interchangeably in the super market, sweet potatoes and yams are two different foods.
- The brighter the color of the sweet potato, the higher the beta-carotene content.

WELLNESS TIP

Buy gym shoes that fit. Make sure there's a half-inch of space in front of your longest toe. It is important to be comfortable when working out.

SHOPPING, PREPARING AND STORING



- Choose sweet potatoes that are firm and have a smooth skin, with no cracks, soft spots or blemishes.
- Before peeling or cutting sweet potatoes, make sure they are washed to remove any remaining dirt from the skin.
- Uncooked sweet potatoes can be stored in a cool, dry place (not the refrigerator) for up to two weeks.

COOKING TIPS



- Sweet potatoes can be broiled, baked, roasted, steamed, fried or grilled. They can even be used as a puree in baked goods!

OVEN BAKED SWEET POTATOES serves 8

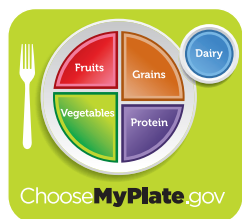
- 4 medium sweet potatoes
- nonstick cooking spray
- 1 tablespoon olive oil
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1/8 teaspoon salt
- 3 garlic cloves, chopped



1. Preheat oven to 375 °F. Spray a baking sheet with nonstick cooking spray.
2. Cut the potatoes into wedges or strips; season them with pepper, paprika and salt.
3. Place potatoes in a single layer on the baking sheet, and then bake for 20 minutes.
4. Remove from the oven, turn the potatoes over with a spatula and sprinkle with garlic.
5. Bake an additional 20 minutes or until browned and crisp.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 73; Total Fat: 2 g; Saturated Fat: 0 g; Total Carbohydrates: 14; Protein: 1 g; Sodium: 73 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

