

# 10 Quick Recipes & Facts About Sweet Potatoes!

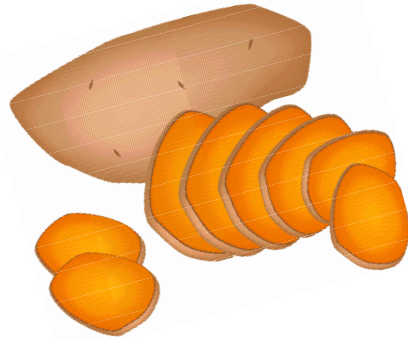
- 1. On the grill:** Cut potato into 4-6 wedges, spray lightly with cooking spray & sprinkle with salt. Place wedges on hot cooking grate over direct heat & grill until well-marked, about 3 mins. each side. Move wedges to indirect heat & finish cooking until tender, 20-30 mins., turning once.
- 2. The whole 'tater:** Many nutrients in potatoes live near & in the skin, so be sure to eat the whole potato!
- 3. Cancer-fighting carotenes:** The orange color of sweet potatoes comes from the nutrients, alpha- & beta-carotene, which are types of antioxidants that can reduce the risk of cancer.
- 4. Classic baked potato:** Heat oven to 400°, cover baking sheet with foil & pierce sweet potatoes several times with a fork. Place potatoes on foil & bake until tender, 45-60 mins. Top with a little salt & butter.
- 5. Sautéed sweet potatoes:** Heat a tablespoon of oil in a pan & cut potatoes into a small dice. Add potatoes to pan with a sprinkle of salt & cook until just tender, 8-10 mins, stirring often. Add sautéed potatoes to cooked whole grains, stir-fries, salads or just eat as is!
- 6. Vitamin C:** Vitamin C helps our immune system & prevents skin damage. One cup of baked sweet potato with skin gives us 65% of the recommended dose of Vitamin C!
- 7. Easy steamed potatoes:** Cut potatoes into 1" thick slices & steam in a steamer basket for quick & easy prep.
- 8. Smashed sweets:** Boil or microwave sweet potatoes (with skin) until soft, then smash with a sprinkle of salt & a little butter & milk of your choice. Add spices for taste variety – try cinnamon, smoked paprika, ginger or hot pepper.
- 9. 5 a day:** Sweet potatoes are part of the vegetable family – include them in your 5 servings of fruits & veggies a day.
- 10. Skip the stove:** Yes, sweet potatoes can be eaten raw! Scrub them clean, then grate them into salads & slaws.

See other side for another recipe & complete sweet potato nutrition facts... ↘

# Loaded Sweet Potatoes

## Ingredients

- 4 sweet potatoes
- 1 cup cooked black beans
- 1 cup spinach, chopped fine
- 1 cup plain yogurt/Greek yogurt or low-fat sour cream
- 2 TBS lime juice
- Optional toppings: chopped tomatoes, chives, onions



## Directions

1. Heat oven to 400°, cover baking sheet with foil & pierce sweet potatoes several times with a fork. Place potatoes on foil & bake until tender, 45-60 mins.
2. Combine yogurt/sour cream & lime juice, cover & place in fridge.
3. When potatoes are done, slice open & top each with beans, spinach, yogurt/sour cream dressing & optional toppings.

## Sweet Potato Nutrition

Nutritional data & images courtesy of NutritionData.com

### 1 cup cubed, raw without skin

Nutrition Facts	
Serving Size 1 cup, cubes 133g (133 g)	
Amount Per Serving	
Calories 114	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 377% • Vitamin C 5%	
Calcium 4% • Iron 5%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,900	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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### 1 cup, baked with skin

Nutrition Facts	
Serving Size 1 cup 200g (200 g)	
Amount Per Serving	
Calories 180	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 72mg	3%
Total Carbohydrate 41g	14%
Dietary Fiber 7g	26%
Sugars 13g	
Protein 4g	
Vitamin A 769% • Vitamin C 65%	
Calcium 8% • Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
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