

# Sweet Potatoes

**Selection** - Choose firm sweet potatoes with smooth skin and no cracks or soft spots.

**Storage** - Store in a cool, dark place (stays fresh for 3-5 weeks).

**Nutrition** - Potassium, a mineral your body needs, in sweet potatoes supports heart health.

## 3 EASY WAYS TO USE SWEET POTATOES

- To bake, wash sweet potato and then dry. Poke a few holes in potato with a fork and bake for about 1 hour, or until soft, at 350 degrees. Top with diced tomatoes and black beans or with grilled chicken and cooked spinach.
- To make mashed sweet potatoes, mash cooked sweet potatoes with a fork and add 1/3 cup milk, a drizzle of honey and cinnamon. Add salt and pepper to taste.
- To make pancakes, mix about 1 cup mashed sweet potato with 2 eggs, 1/8 teaspoon salt and a pinch of cinnamon. Add 1/4 cup of batter to hot pan and cook on each side for about 3 minutes. This can be a good way to use leftover sweet potatoes as well.

## Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 2 yellow onions, chopped
- ☐ 2 zucchinis, cubed
- ☐ 2 sweet potatoes, cubed
- ☐ 3 cloves garlic, peeled and minced
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons chili powder
- ☐ 2 teaspoons dried oregano
- ☐ 3 (16 ounce) cans low-sodium dark red kidney beans, drained and rinsed
- ☐ 2 (14.5 ounce) cans low-sodium diced tomatoes
- ☐ 2 cups frozen corn

## Directions

1. Put the pot over medium heat and when it is hot, add the oil. Add the onions, zucchini, sweet potatoes, garlic and spices and cook, stirring from time to time, about 20 minutes.
2. Add the kidney beans and tomatoes. Stir and cook, covered, until the squash is tender, about 30 minutes.
3. Add the corn and cook until warmed throughout.

