

# 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.

Recipe from: Feeding Pennsylvania and PA Eats

## Ingredients

- ☐ 2 tablespoons olive oil, divided
- ☐ 2 medium sweet potatoes, peeled and chopped into small cubes
- ☐ 1 medium apple, peeled and chopped
- ☐ 2 ribs celery, chopped
- ☐ 1/4 teaspoon dried sage
- ☐ 1/4 teaspoon dried thyme
- ☐ 1 box of stove top stuffing
- ☐ 1 1/2 cups low-sodium broth or water
- ☐ Pepper, to taste
- ☐ Dried cranberries or chopped walnuts (optional)

## Directions

1. Heat 1 tablespoon oil in a skillet. Add sweet potatoes, apple, and celery and cook over low-medium heat until the sweet potatoes have softened, stirring from time to time. This takes about seven minutes.
2. Add sage and thyme to vegetable-apple mixture and stir.
3. Add dried stuffing mix and broth (or water) to the skillet and stir. Turn up the heat to bring the liquid to a simmer (light bubble), then turn off the heat and place lid over skillet. Allow to sit for 5 minutes, or until all the liquid is gone.
4. Add pepper. If using, add dried cranberries and chopped walnuts.
5. Optional: For a crispy top, place the skillet under the broiler for 3-4 minutes, or until the top layer is golden.

