

# SWEET POTATOES



## TRY THIS

- Add sweet potatoes to classic mashed potatoes.
- Add diced sweet potatoes to casseroles, grain bowls, soups, and stews.
- Use sweet potatoes in recipes as a replacement for pumpkin or potatoes.

## BUYING AND STORING

- Select dry, firm sweet potatoes with smooth skins and no bruises.
- Store potatoes in a cool dry place, not in the refrigerator, up to one month. If kept at room temperature, use within one week.
- Wash all fresh fruits and vegetables before using. Wash and scrub sweet potatoes thoroughly with a vegetable scrubber to remove dirt just before using.

# SAVORY SWEET POTATO HASH

Total Time: 40 minutes | Makes: 6 servings | Serving Size: About  $\frac{2}{3}$  cup

Nutrition Information Per Serving: Calories 223, Carbohydrate 33g, Dietary Fiber 5g, Protein 3g, Total Fat 9g, Saturated Fat 1g, Cholesterol 0mg, Sodium 282mg

## INGREDIENTS

$\frac{1}{4}$  cup vegetable oil  
1 bell pepper, chopped  
1 medium onion, diced  
2 pounds sweet potatoes,  
peeled and cubed  
1 teaspoon cumin

$\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{2}$  teaspoon red pepper flakes  
(optional)  
2 tablespoons fresh herbs, cilantro,  
rosemary, or sage, chopped (optional)

## INSTRUCTIONS

1. Heat oil over medium-high heat in large skillet.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add sweet potatoes, cumin, salt, and red pepper flakes, if using, reduce heat to medium.
4. Sauté for 20–25 minutes, stir occasionally to brown all sides of the sweet potatoes.
5. Garnish with fresh herbs, if using. Serve.

## CHANGE IT UP

- Use 2 cups of frozen bell pepper and onion in place of fresh.
- Add paprika and garlic powder for extra flavor in Step 3.
- Add 1 pound of cooked lean ground turkey with a little fresh sage to make it a meal.
- Make breakfast burritos. Add black beans, scrambled eggs, and shredded cheese. Roll up in flour tortillas.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.