

Try Me!

# Sweet Potato

The sweet potato, a tuberous root vegetable belonging to the same family of plants as the morning glory, is a particularly popular food in the southern United States. Sweet potatoes, native to Central America, are considered a staple in many countries and have been cultivated in Southern states since the 16th century.



Nutrition information per serving of one medium sweet potato:

Calories: 130

Calories from fat: 0.39 g

Protein: 2.15 g

Carbohydrate: 31.56 g

Dietary Fiber: 3.9 g

Sodium: 16.9 mg

Potassium: 265.2 mg

Calcium: 28.6 mg

Folate: 18.2 mcg

Vitamin C: 29.51 mg

Vitamin A: 26081.9 IU

### Nutrients:

- Sweet potatoes provide twice the recommended daily allowance of vitamin A.
- Sweet potatoes provide more than one-third of the daily requirements of vitamin C.
- Sweet potatoes are an important source of beta-carotene, vitamin B6, iron, potassium and fiber.
- Sweet potatoes contain virtually no fat or sodium.
- Sweet potatoes that are a pretty, bright, orange color are richest in beta-carotene.

### Food Handling:

For the most food value, choose sweet potatoes of a deep orange color.

When buying sweet potatoes, select sound, firm roots. Handle them carefully to prevent bruising. Storage in a dry, unrefrigerated bin kept at 55-60 degrees F. is best. DO NOT REFRIGERATE, because temperatures below 55 degrees F. will chill this tropical vegetable giving it a hard core and an undesirable taste when cooked.

Wash your cured sweet potatoes well. Bake or boil until slightly soft. If boiled, drain immediately. Thoroughly cool the baked or boiled sweet potatoes. Wrap individually (skins left on) in freezer film or foil and place in plastic freezer bags. Seal, label and freeze.

Most sweet potato dishes freeze well. Save time and energy by making a sweet potato dish to serve and one to store in the freezer.

### Helpful Hints:

- Bake a large pan of sweet potatoes at the same time. This saves time and energy. Freeze for later use or store the sweet potatoes in the refrigerator for 7 to 10 days.
- Freshly dug or uncured sweet potatoes are better boiled and used in dishes that include fruits or syrups. The curing process makes the sweet potato sweeter and improves the cooking quality.
- Canned or frozen sweet potatoes may be substituted for the fresh form in any recipe calling for cooked sweet potatoes as the starting point. Canned sweet potatoes are generally smaller in diameter because of their better canning qualities. Six to eight canned sweet potatoes are approximately the equivalent of four medium fresh sweet potatoes. One can use the measurement relationship below as a guideline.

Fresh	Canned	Cooked & Mashed
2 medium sweet potatoes	3 to 4	1 1/4 cups
3 medium	1 pound can	2 cups
4 medium (23 ounces)	3 quart cans	2 1/2 cups

- To reduce calories in your favorite sweet potato recipe, experiment with the recipe by reducing the sugar or fat by using the next lower measure on the measuring cup. For example, when a recipe calls for 1 cup of sugar or fat, reduce the amount to 3/4 cup. For 3/4 cup, reduce it to 2/3 cup, and so on.



Sweet potatoes make an attractive house plant. To grow a sweet potato vine, use a jar with an opening that will support it. Place the sweet potato in a jar of water with its narrow end down. Put the jar in a warm, dark place and keep the jar filled with water. New roots will start to grow, and in about 10 days, the stem will start to grow. As soon as this happens, put the jar in a sunny window. As the vine grows, it can be left to trail or trained to climb.