



HOW SWEET IT IS SWEET POTATOES



SWEET STICKS

Peel raw sweet potatoes. Cut into 1/4-inch slices. Then cut slices into 1/4-inch-wide strips. Place in ice water for crisping. Drain, serve and enjoy.

Many people eat sweet potatoes only on Thanksgiving — a pity, since these tuberous roots are among the most nutritious foods in the vegetable kingdom. Sweet potatoes are ranked among the most nutritious foods.

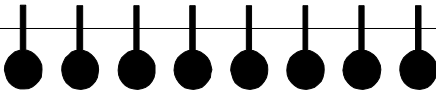
Sweet potatoes are an excellent source of energy-giving carbohydrates and provide other important vitamins and minerals.

WAVED SWEET POTATOES

Wash potato and pierce several times with fork. Place it on a paper towel. Cook on high for four to six minutes. Let stand for five minutes after cooking to soften.

VARIATION

Same as “Waved Sweet Potatoes” above, but top with margarine, brown sugar, cinnamon, fresh fruit or marshmallows. By the way, baked sweet potatoes are great cold!



Did You Know?

- When Columbus discovered America in 1492, he also discovered the sweet potato. When he returned home, his cargo included a load of the delicious edible roots.
- Sweet potatoes are sometimes called “yams” but they are still sweet potatoes.
- True yams grow very large, up to 100 pounds, and are grown in Africa and Asia.

HOW RICH IT IS!

The sweet potato’s deep-orange color is more than just attractive, it is rich in beta carotene, which becomes vitamin A inside the body.

Eating foods high in beta carotene, an antioxidant, help keep you healthy!



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