



WIC...

**Healthy Habits,
Healthy Families**

Sweet Potatoes

Sweet potatoes are a good source of vitamin A, vitamin C, potassium and fiber. Enjoy sweet potatoes in soups, stews or casseroles. Use sweet potatoes in recipes instead of white potatoes.

*Look for
North Carolina
sweet potatoes
any time of the
year.*

Buying fresh sweet potatoes...

- Select sweet potatoes with smooth, evenly-colored skin. Avoid cracks, soft spots and bruises.

Storing fresh sweet potatoes...

- Store sweet potatoes in a cool, dark place. Never store sweet potatoes in the refrigerator.
- Use sweet potatoes within 3 to 5 weeks.

Enjoying fresh sweet potatoes...

- Wash sweet potatoes well before using.
- Cook potatoes unpeeled whenever possible – skins are easier to remove after they are cooked.

**Fruits &
Vegetables**



Eat more fruits and vegetables.

Increase fiber.

Sweet Potato Fries

www.sweetpotato.gov

Makes
6
servings

This recipe uses a vegetable you can buy with your cash-value vouchers.

Ingredients...

- 4 medium sweet potatoes (about 3 pounds)
- ¼ cup olive oil
- ¼ teaspoon salt

Directions...

1. Preheat oven to 400° F.
2. Cut sweet potatoes into ½-inch thick lengthwise strips. Toss the potato strips with olive oil.
3. Coat a baking sheet with nonstick cooking spray or aluminum foil. Arrange potato strips in a single layer on the baking sheet.
4. Bake for 15 to 20 minutes or until potatoes are golden brown on the bottom.
5. Turn potatoes over and bake 15 to 20 minutes or until golden brown all over.
6. Sprinkle with salt and serve.

Nutrition information...

Calories 280, Fat 9g, Carbohydrate 46g, Protein 4g, Fiber 7g, Sodium 220mg, Cholesterol 0mg.

Baked Sweet Potatoes

- Poke potatoes with a fork, put them on a baking pan and bake in the oven at 375° F for 45 to 60 minutes or until soft.
- You can also microwave sweet potatoes. Poke potatoes with a fork, put them on a paper towel and cook on high for 5 to 9 minutes (for 2 potatoes). Let potatoes stand for 5 minutes before serving.

Family Goals

- My family and I will try sweet potato fries.
- My family and I will try sweet potatoes in a soup.
- My family and I will try baked sweet potatoes.
- My family and I will try sweet potatoes in a stew.
- Other _____



North Carolina Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
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