



# Sweet Potato

Produced by:



— THE LAND —  
CONNECTION

## Fun Facts:

- Sweet potatoes and yams are not the same.
- Sweet potatoes belong to the bindweed or morning glory family.
- They are an extremely important crop in regions where there is rampant vitamin A deficiency, like parts of Africa.

## Nutrition Information:

- Raw sweet potatoes are rich in complex carbohydrates, dietary fiber, and beta-carotene (which the body uses to produce vitamin A).
- They also have moderate amounts of vitamins B5 and B6 and manganese.
- When baked, small variable changes in micronutrient density occur to include a higher content of vitamin C.

## Preparation:

- Scrub the outside of the sweet potato with a stiff-bristled vegetable brush or a scouring pad (rough side of a sponge) and rinse under cold water. Remove any bad or soft spots and peel the sweet potato if your recipe or preparation calls for it.
- If you're baking your sweet potatoes whole (wrapped in foil) or are turning them into sweet potato fries, you don't need to peel them.

## Cooking:

Learn more at [www.thelandconnection.org](http://www.thelandconnection.org)

**Microwave:** pierce the skin with a fork in several places, place on a paper towel in the microwave, and cook on high until tender — 5-9 minutes for 2 potatoes, 10-13 minutes for 4 potatoes. Flip and rearrange every 5 minutes. Once cooked, cover with a towel, and let stand for 5 minutes.

**Bake:** place whole or halved (cut side down) potatoes on a rimmed baking sheet and bake at 350°F for 40-50 minutes until the centers are soft when a knife is inserted.

**Steam:** scrub, cut into quarters (or large chunks), and place in a pot with a steamer basket over an inch of boiling water and cook until tender, about 20 minutes. Let them cool enough to remove skins (if still on).

**Boil:** drop potatoes whole, halved, or quartered into a pot of boiling water, and cook, covered, until tender. Expect it to take about 20-40 minutes. After 15 minutes check them every 5 minutes. Pull skins off before serving.

**Roast:** scrub, peel, and cut into 1/2- to 1-inch cubes. Toss in oil, salt, and pepper, spread out on a rimmed baking sheet, and roast in your oven at 425°F for 25-35 minutes or until golden brown and tender. Stir or flip the pieces every 10-15 minutes to ensure even cooking and browning.

## Storage:

- Store sweet potatoes in a dark or dimly lit, cool, dry, well-ventilated place for up to several weeks. Do not store in plastic or refrigerate.
- Temperatures below 50°F will result in off-flavors. Do not scrub, clean, or wash them until just before preparation.