

SWEET POTATOES



HOW TO USE

Cut them up into small cubes and bake them in the oven with spices; grate them and cook them in a pan with a teaspoon or two of oil to make sweet potato hash browns; make mashed sweet potatoes.

STORAGE

Keep them at room temperature for up to 1 week. Only keep them in the refrigerator if they are cut or cooked.

HELPS SUPPORT

Digestion and vision.

COLORS

White or orange.

SWEET POTATO HASH

Serves: 4 | Prep time: 40 minutes

INGREDIENTS

- 2 medium sweet potatoes, chopped
- ¼ cup vegetable oil
- 2 cup frozen or fresh chopped bell peppers and onions
- 1 teaspoon salt
- Optional: 1 teaspoon cumin, 1 teaspoon red pepper flakes

DIRECTIONS

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions for about 5 minutes.
3. Add the rest of the ingredients and reduce heat to medium.
4. Cook for 20-25 minutes, stirring every 2-3 minutes. The sweet potatoes might stick, but keep stirring them gently until they cook through.



Photo: California Department of Public Health, Nutrition Education and Obesity Prevention Branch

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