

# 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.

## 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.

## COLORS

White or orange.

# SWEET POTATO FRIES

Servings: 6

Preparation Time: 35 Minutes

## INGREDIENTS

- 4 medium sweet potatoes
- 1 tablespoon of oil
- 2 teaspoons of paprika, salt, or other spices
- Non-stick cooking spray

## INSTRUCTIONS

1. Preheat the oven to 450°F.
2. Scrub and rinse the sweet potatoes. Dry them with a towel. Without peeling them, cut them into strips, about ½ inches thick.
3. In a large bowl, add the spices and the oil. Mix them with a fork until there are no clumps.
4. Add the sweet potato strips to the bowl and mix them with the mixture of spices and oil until they are fully covered.
5. Spray the baking sheet with cooking spray. Put the sweet potatoes on the baking sheet in a single layer.
6. Bake them for 15 minutes. Turn them over and bake them for 10-15 more minutes, or until the sweet potato strips are soft.

*Adapted from Share Our Strength*



*Photo: Champions for Change Program*