

Sweet Potato

Sweet potatoes are usually the size of regular white potatoes. They are long and tapered. Sweet potatoes have smooth, thin skins which can be eaten.

Sweet potatoes are vegetables which grow in the ground as tuberous roots (fleshy, side roots).

Sweet potatoes originated in the tropical Americas at least 5,000 years ago. Christopher Columbus introduced sweet potatoes to Europe, and later explorers introduced them to Asia. China is now the world's largest grower of sweet potatoes.

In the United States, sweet potatoes are commonly called yams. True yams are usually grown in Africa and Asia – they have a pinkish white center and can grow up to 6 feet long and 100 pounds!

The sweet potato has only a very distant relationship with the potato, but because both vegetables grow in the ground, they have been often confused.

VARIETIES

There are two varieties of sweet potatoes

- Pale yellow – with a dry, yellow flesh
- Dark orange – with a moist flesh. The dark orange is plumper in shape and somewhat sweeter than the pale yellow variety.



NUTRITION FACTS

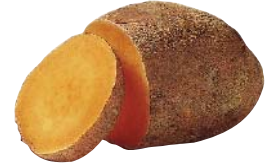
- Fat free
- High in vitamin C
- High in vitamin A
- Good source of calcium and potassium
- Excellent source of fiber

USES

Sweet potatoes can be eaten raw, but are usually cooked (boiled, baked microwaved, mashed or fried). Add to stir-fries, soups and casseroles. Sweet potatoes are popular at Thanksgiving and Christmas meals.



Glazed Sweet Potatoes
Preparation time: 50 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



- 1 lb. sweet potatoes, peeled and cut into ½-inch thick slices
- 1 T. cornstarch
- 1 T. brown sugar
- ½ c. orange juice
- ½ c. water

1. Preheat oven to 425° F.
2. Spray a 1-quart baking dish with non-stick cooking spray. Place potato slices in the prepared baking dish.
3. In a small bowl, combine cornstarch, brown sugar, orange juice, and water. Stir well.
4. Pour mixture over potato slices.
5. Cover and bake for 40 minutes or until potato slices are tender and glaze is thickened.

Nutrition Information per Serving: Calories 140, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 45 mg (2% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 4 g (15% DV), Sugars 17 g, Protein 3 g, Vitamin A 440%, Vitamin C 70%, Calcium 6%, Iron 6%.

Grilled Vegetables
Preparation time: 20 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1



- 3 sweet potatoes, sliced
- 2 T. vegetable oil
- 2 garlic cloves, finely chopped
- 3 cobs corn, cut into 2-inch sections
- 1 eggplant, sliced
- 12 green onions, trimmed

1. Place sweet potatoes in a microwave-safe dish. Microwave on high for 3 minutes.
2. In a large bowl, mix oil and garlic. Add sweet potatoes, corn, eggplant, and onions. Stir well.
3. Place vegetables on broiler pan or grill.
4. Cook 10 minutes, turning twice, until vegetables are tender.

Nutrition Information per Serving: Calories 190, Total Fat 6 g (9% DV), Saturated Fat 1 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 55 mg (2% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 8 g (32% DV), Sugars 8 g, Protein 5 g, Vitamin A 190%, Vitamin C 25%, Calcium 6%, Iron 8%.