



Pick a better snack™

November 2015

## Sweet Potatoes

Sweet potatoes are a good value, providing lots of nutrition at a low cost. If you are short on time, cook a sweet potato in the microwave. First, wash one large potato. Prick the skin with the tip of a knife several times. Place on a paper towel in the microwave. Cook on high for 3 minutes. Turn the sweet potato. Cook another 3 minutes (microwave strengths vary, so you may need to experiment with yours to know how long to cook). If you have more time, try the recipe below with your family.

## Sweet Potato Fries

Ingredients:

- 1 1/2 pounds sweet potatoes (about 2-3 medium potatoes)
- 1 tablespoon vegetable or canola oil
- 1/8 teaspoon salt

Dip: Mix 1/4 cup light mayonnaise, 1 tablespoon ketchup, 1/8 teaspoon cayenne pepper, chili powder or paprika.

Directions:

1. Preheat oven to 425 degrees.
2. Rinse potatoes under running water and scrub well. Peel if desired.
3. Cut the potatoes in half lengthwise.
4. Lay each potato half flat and slice into half-round shapes about 1/4 inch thick.
5. Combine potatoes, oil and salt in a bowl. Stir until potatoes are covered with oil.
6. Lay potato slices in a single layer on a cookie sheet. Bake for about 30 minutes, turning after 15 minutes.
7. While potatoes are baking, mix the dip ingredients.
8. Serve immediately.

This recipe is adapted from Spend Smart. Eat Smart. You can find more easy and healthy recipes at: [www.extension.iastate.edu/foodsavings/](http://www.extension.iastate.edu/foodsavings/).

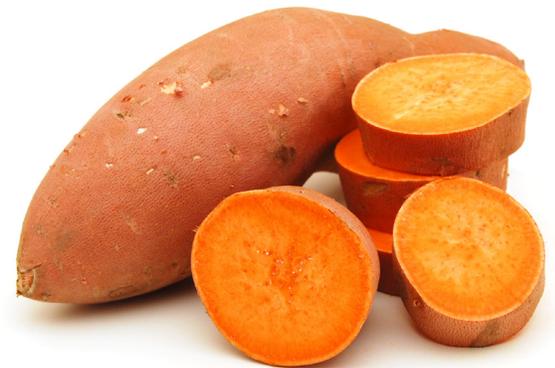
Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to [dhs.iowa.gov/food-assistance](http://dhs.iowa.gov/food-assistance) for more information.

## Sweet Potato Tips

**Selecting:** Choose fresh sweet potatoes that are firm, deep-orange and without bruises.

**Storing:** Store fresh sweet potatoes in a cool, dry place (not refrigerator) for up to two weeks.

**Buying:** Sweet potatoes can grow in Iowa, but often come to the grocery store from warmer states. Fresh sweet potatoes are purchased individually for about \$1.00 a pound (about 1 large potato) or less. A 19-ounce bag of frozen sweet potato fries can be purchased for around \$3.00 for a convenient addition to a meal.



Wash. Bite. How easy is that?