

Sweet Potato

Move It! Move It!

Iowa State University Extension's Spend Smart. Eat Smart. website now has resources to help you stay active. Check out the two new exercise videos you can do at home. One focuses on cardio, the other on strength training. There's also a really cool activity planner. You can create a custom plan that meets the activity guidelines. Find it online at www.spendsmart.extension.iastate.edu.



IOWA STATE UNIVERSITY
Extension and Outreach



SPEND SMART.
EAT SMART.®

Download on the
App Store

GET IT ON
Google Play

Spend Smart. Eat Smart.® App

This app makes it easy for you to find the best deals at the grocery store — use the unit price calculator the next time you shop. Also, there are tons of recipes that are pretty simple and don't involve expensive ingredients. You'll even find videos to learn cooking skills you can use with any recipe. Download it for free today.

Fuel
your
fun
Eat fruits
and veggies.



Sweet Potatoes

Sweet potatoes are naturally sweet and satisfying. Short on time? Try these ideas!

Microwave:

- ◆ Use a fork to pierce the potato 5-6 times. Microwave on High until tender, 5 to 8 minutes for whole sweet potato. May need to rotate or flip the potato. Cook longer if more than one potato.

This recipe is adapted from Iowa State University's Spend Smart. Eat Smart.® <https://spendsmart.extension.iastate.edu/produce-item/sweet-potato-2/>.

- ◆ Buy a microwave-ready frozen bag of cubed sweet potatoes. Follow directions on the bag.

Bake:

- ◆ To speed up baking, cut sweet potatoes in half lengthwise.
- ◆ Spray pan and the flesh side of sweet potato with cooking spray.
- ◆ Place potato halves, flesh side up, on pan and bake in the oven at 425°F until fork-tender.

- ◆ Scoop out flesh and eat!

Adapted from <https://toasterovenlove.com/quick-baked-sweet-potatoes/>.

Air Fryer:

- ◆ Bake, roast or fry sweet potatoes with very little fat — in about half the time as a regular oven.
- ◆ This appliance is an extra expense and takes up space, but may be worth it to save time cooking.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. Pick a better snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. Created August 2019.

Pick a better snack™

