

A simple guide to

SWEET POTATOES

All sweet potatoes have a sweet, earthy flavor with a hint of nuttiness



Orange sweet potatoes have a strong sweet flavor & are moist inside.



White sweet potatoes have a mild sweet flavor with a dry crumbly texture.



Purple sweet potatoes have a mild sweet flavor with a dry dense texture.

How to Prepare

Sweet potatoes can be added to any recipe & be prepared in many ways



Boiled

Mashed



Roasted

Sautéed



Tip

Leave the skin on for more fiber, vitamins & minerals.

How to Select



Choose sweet potatoes with smooth, firm skin that are bright in color.



Avoid cut, wrinkled or bruised potatoes.



If potatoes have eyes, cut out with a knife.

How to Store

Raw

- Store in perforated plastic bag in a cool, dry, dark place.
- Do not store with onions. They can cause onions to spoil faster

Cooked

- Refrigerate in shallow, airtight container or zip-close bag up to 5 days.

MEXICAN SWEET POTATO & BLACK BEAN SKILLET

Ingredients:

- 1 Tbsp olive oil
- 1 lb boneless skinless chicken breasts, diced
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- 1 sweet potato, diced
- 1 (14.5 oz) can no-salt-added diced tomatoes, drained
- 1 (4 oz) can diced green chilies, drained
- 1 (15.5 oz) can no-salt-added black beans, drained & rinsed
- 1 lime, juiced
- 1 cup shredded fiesta blend cheese
- 1/4 cup chopped fresh cilantro
- 1 avocado, sliced

Preparation:

1. In a large skillet, heat oil over medium-high. Add chicken, onion, garlic, chili powder & cumin. Cook 5-7 minutes or until chicken is browned on all sides.
2. Add potatoes, tomatoes & chilies. Cook 10-12 minutes or until potatoes are fork-tender.
3. Add beans & lime juice. Cook 2-3 minutes or until heated through, stirring throughout. Stir in cheese & remove from heat.
4. Serve topped with avocado & cilantro.

30 Min | Serves 6

Nutrition Facts

6 servings per recipe	
Serving size	(331g)
Amount per serving	330 Calories
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 220mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 2mg	10%
Potassium 820mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

This recipe is 1 for 1 certified & meets a lower sodium standard.

1 for 1 certified

Tip

Jalapenos & bell peppers are a tasty addition to this dish!



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