

*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.

## In Season



## 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.

## How To Prepare

### *Mashed*

Cube unpeeled sweet potatoes & add to a large pot of boiling water. Cook 20-30 min. Drain, return to pot, add low-fat milk & mash.

### *Sautéed*

Dice unpeeled sweet potatoes into 1/2 in cubes. Heat olive oil in skillet over medium heat & add potatoes. Cook 10-12 min, stirring occasionally, until tender.

### *Roasted*

Cube unpeeled sweet potatoes, drizzle in olive oil & seasoning of choice, spread onto baking sheet. Bake at 425°F 30-35 min until tender.

*Tip:* Leave the skin on for more fiber, vitamins & minerals!



# CHICKEN 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 (14.5oz) 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	
<b>Serving size</b>	(331g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 14g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 220mg	10%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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?

LOW-SODIUM  
1 for 1  
RECIPE

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

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