

SWEET POTATOES



IN SEASON

July - December

HOW TO SELECT

Choose sweet potatoes with smooth, firm skin. Avoid cut, wrinkled or bruised potatoes.

HOW TO STORE

Store potatoes in perforated plastic bag in a cool, dark place. Do not store with onions, they may cause onions to spoil quickly.

HELPFUL TIPS

Do not peel potatoes. Eat the potatoes & skin for added fiber, vitamins & minerals.

HEARTY HOMESTYLE CHICKEN SOUP

SWEET POTATOES



Nutrition Facts

Serving size: 1/8th recipe (490g)
Servings Per Recipe 8



Amount Per Serving

Calories 240 Calories from Fat 30

% Daily Value

Total Fat 3.5g	4%
Saturated Fat 1g	6%
Trans Fats 0g	
Cholesterol 35mg	10%
Sodium 180mg	8%
Total Carbohydrate 35g	10%
Dietary Fiber 6g	25%
Sugars 4g	
Protein 19g	
Vitamin A 180%	Vitamin C 40%
Calcium 8%	Iron 8%

30 MIN | SERVES 8

INGREDIENTS:

- 4 cups unsalted chicken broth
- 6 cups water
- 2 large **SWEET POTATOES**, cubed
- 1 cup quick-cooking barley
- 1 (10 oz) bag collard greens, shredded
- 1 (8 oz) carton mushrooms, sliced
- 3 cloves garlic, minced
- 1/2 tsp crushed red pepper flakes
- 1 lb boneless, skinless chicken breasts, cubed
- 1/2 tsp pepper
- 1/2 cup shredded parmesan cheese

PREPARATION:

1. In a large stockpot, bring broth & water to a boil on medium-high. Add potatoes & simmer 7 minutes or until almost tender.
2. Add barley, greens, mushrooms, garlic & pepper flakes. Mix well & simmer 5 minutes.
3. Add chicken & pepper. Simmer 8-10 minutes or until chicken is cooked through.
4. Divide soup evenly into serving bowls, top with cheese & serve immediately.