

Sweet Potatoes

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.

Sweet potatoes are an important source of beta-carotene, vitamin B6, iron, potassium and fiber.

- LOW FAT
- HIGH FIBER
- LOW SODIUM

CHOOSE: Pick sweet potatoes that are firm and don't have any sprouts or soft spots.

STORE: Keep sweet potatoes in a cool, dark place away from sunlight.

PREPARE: Wash sweet potatoes well with a vegetable scrubber to remove any dirt. You can peel them with a potato peeler or a small knife if you like.

EAT: Cut sweet potatoes into chunks or slices. Toss them with olive oil and your favorite spices like cinnamon or paprika. Bake in an oven preheated to 400°F for about 25 to 30 minutes or until they are soft.

Sweet potato fries: Slice sweet potatoes into sticks. Drizzle with olive oil and sprinkle with salt, pepper, and paprika. Spread them out on a baking sheet and bake at 425°F until they are crispy (about 20 minutes). Flip them halfway.

Mash cooked sweet potatoes with a fork or masher. Mix with cinnamon, salt, and a few tablespoons of orange juice.

0.3g

FAT

38

CALORIES

3g

PROTEIN

3g

FIBER

8g

CARBS

*Per 1 cup

Sweet Potato Curry

INGREDIENTS:

- 2 sweet potatoes
- 1 can of coconut milk
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 tablespoon olive oil
- Salt to taste

INSTRUCTIONS:

- 1 Peel the sweet potatoes and cut them into small cubes. Heat olive oil in a pot over medium heat, then add onion and garlic to the pot and cook until they are soft.
- 2 Add the sweet potato cubes and curry powder to the pot, stirring well.
- 3 Pour in the coconut milk and stir to combine.
- 4 Bring the mixture to a simmer, then reduce the heat and cover.
- 5 Cook for about 15-20 minutes, stirring occasionally, until the sweet potatoes are tender.
- 6 Season with salt to taste.
- 7 Serve sweet potato curry over rice or quinoa.

