

HARVEST OF THE MONTH: SWEET POTATOES



NUTRITION FUN FACTS:

- Sweet potatoes are an excellent source of vitamin A and vitamin C. Vitamin A helps keep your vision strong, fight infections, and keep your skin healthy.
- Sweet potatoes are also a good source of fiber, vitamin B6, and potassium.

Fun snack ideas!

HOW TO EAT SWEET POTATOES:

1. Instead of potato chips or french fries, try baked sweet potato fries! Bake circles or strips of sweet potatoes at 425 degrees for 25-30 minutes for a yummy snack or side!
2. Bake sliced sweet potatoes with apples and cinnamon for a healthy dessert.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Choose firm, dark, dry, and smooth sweet potatoes without wrinkles, bruises, sprouts, or moldy spots. One rotten spot can make the whole potato taste bad.
2. Store sweet potatoes in a dry, cool place, not in the refrigerator.

BEST TIME TO EAT:

YEAR-ROUND



UNC Center for Health Promotion and Disease Prevention

RECIPE: SWEET POTATO HASH WITH EGG

DIRECTIONS

1. Put sweet potatoes and water in a skillet and bring to a boil over high heat.
2. Reduce heat to low and cook about 20 minutes, stirring occasionally, until water has been absorbed.
3. Add 1 tablespoon of oil, sausage, onion, bell pepper, and garlic to the skillet with the sweet potatoes. Cook about 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Divide the hash between 4 plates and return the skillet to the stove.
5. Reheat the skillet over medium high heat and add the remaining 1 teaspoon oil.
6. One at a time, add the eggs and cook about 3-5 minutes until the whites are solid and the yolks begin to thicken. Flip the egg and cook for one more minute.
7. Top the hash with an egg and serve.

INGREDIENTS

Makes 4 servings:

- 2 large sweet potatoes, cubed (about 4 cups)
- 1 cup water
- 1 tablespoon vegetable oil
- 1 teaspoon vegetable oil
- 2 chicken sausages
- 1 small yellow onion, peeled and diced
- 1 bell pepper, cored and diced
- 2 cloves garlic, minced
- 4 large eggs

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/MYPLATE-CNPP/SWEET-POTATO-HASH-EGG](https://www.choosemyplate.gov/recipes/myplate-cnpp/sweet-potato-hash-egg)

ACTIVITY: SWEET POTATO STORY TIME

Sweet potatoes are a delicious, versatile vegetable that can be enjoyed all year long. They are rich in vitamin A and fiber, so they are good for you, too! Unleash your creativity to write a story that involves sweet potatoes and see how many of the words in the word bank below you can include! You can also use the images for inspiration.

Word Bank

soil orange Thanksgiving
sweet cinnamon roasted
peel



SWEET POTATO IMAGE FROM PIXABAY.

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