



Better Living for Texans Newsletter

December 2018

Sweet Potato Facts

December is probably one of the most fun months of the year. It is also, likely, the busiest month of the year.

When juggling life's responsibilities and coupling them with the demands of December, it's easy to see how a parent can end up feeling exhausted and wishing for more energy. A good energy boost can be found through the foods you eat.

One food known for boosting energy is the sweet potato.

Nutritional Benefits

Sweet potatoes are packed with vitamins, especially vitamins A and C. Vitamin A plays an important role in eye health by decreasing the risk of macular degeneration and cataracts. Vitamin A also helps to fight off infection as it boosts the immune system. Also, vitamin C protects against free-radicals that are associated with the onset of cancer.

One medium sized sweet potato has close to 4 grams of fiber and contains only about 112 calories. They are also rich in carbohydrates and beta-carotene, which helps fight against fatigue during the middle of the day.

Versatility

Sweet Potatoes can be used in a variety of ways. They can be eaten raw, boiled, fried, baked, dried, and microwaved. They go well with turkey, chicken, beef, pork and many other foods. They can be enjoyed as a side dish, in

desserts (pies, cookies, cakes, muffins), as part of breakfast, and in breads and biscuits.

Selection and Storing

Choose a sweet potato that is clean, smooth, and well-shaped. Sweet potatoes should be firm, dry, and fresh looking.

Unprepared, raw sweet potatoes should be stored in a cool, dry, well-ventilated place in your home and used within 2 weeks.

Any unused portion of cooked sweet potatoes can be frozen for later use.



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
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Local Events

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Recipe of the Month

Adapted from <https://whatscooking.fns.usda.gov/>

Oven Baked Sweet Potatoes (4 servings)

1 medium sweet potato provides more than a day's worth of vitamin A and 35-percent of the daily recommended amount of vitamin C. You may also use sweet potatoes in soups or baked goods such as breads, muffins, or sweet potato pie.

Ingredients

- 4 medium sweet potatoes
- non-stick cooking spray
- 1 tablespoon vegetable oil
- ½ teaspoon black pepper
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper (optional)
- ⅛ teaspoon salt
- 3 cloves garlic, chopped



Directions

1. Preheat the oven to 375 degrees.
2. Spray the nonstick cooking spray onto a baking sheet.
3. Wash and cut the potatoes into wedges or strips and place in a bowl of cold water for 15 minutes.
4. Drain the potatoes and place them in a large bowl; coat with vegetable oil. Add the seasonings.
5. Place in a single layer onto the baking sheet.
6. Bake for 20 minutes. Turn the potatoes over with a spatula, sprinkle with garlic. Bake an additional 15 minutes or until browned and crisp.

Nutrients Per Serving: 150 calories, 4 g total fat, n/a g saturated fat, 2 g protein, 27 g carbohydrates, 4 g dietary fiber, 5 g total sugars, and 140 mg sodium

Total Cost: \$\$\$\$

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