

# Sweet Potatoes

- Choose firm sweet potatoes with smooth skin.
- Store in a cool, dry place for 1 to 2 weeks.
- Before cooking, scrub and remove eyes and dark spots. Keep the skin for cooking; it is full of fiber and nutrients.
- Sweet potatoes have vitamin A, which is good for your eyes and skin.



## Sweet Potato and Apple Stir-Fry

### Ingredients:

- 2 tablespoons vegetable oil
- 4 cups chopped sweet potatoes
- 1 teaspoon grated fresh ginger (optional)
- 2 cups chopped apples
- 1 teaspoon cinnamon

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup of water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish.
6. Refrigerate leftovers.

**Makes 5 servings.** Adapted from [recipes.sparkpeople.com](http://recipes.sparkpeople.com).

## Sweet Potato and Red Bean Chili

### Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, diced
- 3 cups diced sweet potatoes
- 2 garlic cloves, minced
- 2 cups chopped tomatoes
- 1 1/2 tablespoons chipotle chili powder
- 2 teaspoons ground cumin (optional)
- 1 1/2 cups cooked or 1 can (15 1/2 ounces) red beans, drained and rinsed
- 2 tablespoons chopped cilantro (optional)
- Salt and pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onions and garlic. Cook for about 4 minutes or until softened.
3. Stir in the sweet potatoes and spices, and heat to toast for 1 minute.
4. Add tomatoes and 1 1/2 cups of water. Cook for 10 minutes.
5. Add beans. Cook until the beans are heated, about 5 minutes.
6. Add cilantro, salt and pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [eatingwell.com](http://eatingwell.com).

## Quick Tips

- For a baked sweet potato, scrub potatoes then bake at 375 degrees Fahrenheit for 1 hour.
- Chop sweet potatoes, boil until soft and then mash. Add orange juice and a pinch of brown sugar for a sweet treat.
- Sweet potatoes can be mixed with white potatoes for more nutrients and flavor.

## Flavor Flip: Chili

- Add a teaspoon of cinnamon along with the other spices. At the end of cooking, add a teaspoon of vinegar or citrus juice to brighten up the dish.

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*Just Say Yes* to Fruits and Vegetables

