



What are Sweet Potatoes?

What is a Sweet Potato?

Sweet potatoes are a bright orange root vegetable. They can be used instead of regular potatoes in most recipes. Sweet potatoes have many nutrients including vitamin A, E and fibre. Canada's Food Guide recommends eating one orange vegetable, every day which can include sweet potato.

Cooking

- Make sure to scrub and rinse under water before cooking.
- Sweet potatoes can be baked, boiled or microwaved.
- The skin can be left on or taken off. Leave the skin on for extra fibre.

Storage

Store sweet potatoes in a cool, dry, dark place.

Where can I find more information?

- Eat Right Ontario
www.eatrightontario.ca
- Speak with a Registered Dietitian for free by calling 1-877-510-5102



Basic Microwaved Sweet Potato

1. Scrub and rinse sweet potato.
2. Prick sweet potato with a fork.
3. Microwave on high for 3 minutes at a time, continue until tender.
4. Let it cool.
5. Slice in half, can be mashed or sliced as desired.

Sweet Potato Fries

2 sweet potatoes
1 tbsp. vegetable oil
salt and pepper, to taste

Optional: for an extra flavour boost try adding dried herbs and spices for example: ¼ tsp cumin and ¼ tsp. chili powder for sweet and spicy flavour or ¾ tsp garlic powder



1. Preheat the oven to 425 degrees Celsius.
2. Rinse sweet potatoes and cut into wedges or small sticks.
3. Place sweet potatoes and vegetable oil in a bowl. Toss to coat. Season with salt, pepper and spices if using.
4. Place sweet potatoes in a single layer on a baking sheet.
5. Place in the oven and cook for 25-30 minutes, turning the fries once or twice during that time to cook evenly.

Tip: For easy clean up line baking sheet with aluminum foil or parchment paper.

Sweet Potato Soup

2 tbsp vegetable oil
 1 onion
 2 carrots
 2 celery stalks
 1 large sweet potato or 2 small
 3 cups chicken broth or water
 1 tbsp cinnamon
 salt and pepper to taste

1. Rinse vegetables.
2. Peel and chop onions, carrots and sweet potato.
3. Chop celery.
4. In a sauce pan, heat vegetable oil over medium heat.
5. Add onion, carrots and celery for around 5 minutes. Stir often.
6. Add sweet potato and broth or water.
7. Add cinnamon, salt and pepper, bring to a boil.
8. Cook until potatoes are soft, around 20 minutes.
9. If desired puree with a blender.



Tip: Add 1 can of lentils, drained and rinsed to add protein to your soup.



Beef, Corn and Sweet Potato Casserole

2 large sweet potatoes
 1 lb ground beef
 1 onion
 ½ cup milk
 2 tbsp non-hydrogenated margarine or vegetables oil
 1 can whole kernel corn, peas or mixed vegetables or 1 cup frozen vegetables, thawed
 salt and pepper

1. Pre-heat oven to 350 degrees Celsius.
2. Wash and pierce sweet potato.
3. Place potato on a microwave-safe plate.
4. Microwave potatoes on high for 10-12 minutes or until tender, turning once.
5. Cook beef and onion in frying pan until meat is no longer pink.
6. Drain off fat.
7. Place meat in a baking dish.
8. Mash potatoes with milk and margarine. Add salt and pepper.
9. Pour corn on top of meat.
10. Spread potatoes over corn.
11. Bake for about 30 minutes or until heated through.

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