



Sweet Potatoes, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of raw sweet potatoes counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Starchy vegetables like sweet potatoes contain carbohydrates which give you energy. They are also an important source of many nutrients including vitamins A and C, and an antioxidant called lutein which is important for eyesight.

Uses and Tips

- Cut sweet potatoes into sticks and bake in the oven. Serve as an alternative to French fries.
- Switch out a regular baked potato for a baked sweet potato to add more nutrients, color, and flavor to your next meal!
- For a healthier version of the classic snack, make your own sweet potato chips! Slice thinly, toss with some oil, and roast at a high heat for 15-20 min.
- Serve cooked, mashed sweet potatoes as a side dish. Get creative and top with raisins, pineapples or even nuts.

Storing Foods at Home

- Do not wash potatoes until ready to eat.
- Store potatoes at room temperature. Once cut, store potatoes in the refrigerator in a tightly sealed container.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Sweet Potato and Sausage Breakfast Hash

Makes 6 servings

Ingredients:

- 2 tablespoons vegetable oil
- ½ pound breakfast sausage
- 1 small onion, chopped
- 1 bell pepper, chopped
- 1 large sweet potato, chopped
- ¼ teaspoon paprika
- ¼ teaspoon black pepper
- 6 eggs

**Note: If you do not have breakfast sausage use veggies like onions, peppers, mushrooms, or your other favorite veggies!*

Nutrition Facts: Calories 260, Total Fat 19g, Saturated fat 5g, Cholesterol 195mg, Sodium 380mg, Carbohydrate 8g, Dietary Fiber 1g, Sugars 3g, Added sugars 0g, Protein 13g, Calcium 36mg, Potassium 230mg

Directions: Wash hands with soap and water.

1. Add sausage to a skillet and break into small pieces. Cook over medium heat. Once browned, add onion and bell pepper. Cook for another 2 to 3 minutes. Remove the skillet from heat.
2. Add oil to a second, large skillet, and add chopped sweet potato, paprika and black pepper. Cook and stir until the potatoes begin to brown slightly. Cover and let potatoes continue to cook, stirring occasionally, for another 5 minutes.
3. Add the sausage mixture to the potatoes and mix until ingredients are combined.
4. Create 6 spaces in the skillet for the eggs.
5. Crack eggs into spaces, cover the skillets and cook over medium-low heat until eggs are cooked firm.

Recipe adapted from University of Kentucky Cooperative Extension

BBQ Sweet Potato Nachos

Makes 4 servings

Ingredients:

- 2 sweet potatoes, sliced into ¼ inch rounds
- 2 tablespoons vegetable oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ red onion, diced
- 1 (15 ounce) can low-sodium black beans
- ½ bell pepper, diced
- ½ avocado, pit removed and diced (optional)

Dressing:

- 1 ½ teaspoons lemon juice
- ½ cup plain low-fat Greek yogurt
- 1 ½ tablespoons barbeque sauce
- ½ teaspoon chili powder

Recipe adapted from University of Kentucky/
Kentucky Nutrition Education Program

Directions: Wash hands with soap and water.

1. Preheat oven to 425 degrees F.
2. Spread sweet potato rounds on a large sheet pan and toss with vegetable oil, salt, and pepper.
3. Roast potatoes for 10-15 minutes, toss and continue roasting for another 10-15 minutes. Meanwhile, combine ingredients for dressing in small bowl.
4. Drain and rinse the canned black beans.
5. Remove sweet potatoes from oven. Sprinkle onion, black beans, bell pepper, and avocado (optional) over the sweet potatoes and let cool.
6. Drizzle with dressing or use dressing to dip.

Potatoes Nutrition Facts: Calories 260, Total Fat 10g, Saturated fat 1.5g, Cholesterol 0mg, Sodium 470mg, Carbohydrate 38g, Dietary Fiber 12g, Sugars 5g, Added sugars 0g, Protein 8g, Calcium 53mg, Potassium 364mg

Dressing Nutrition Facts: Calories 35, Total Fat .5g, Saturated fat 0g, Cholesterol 5mg, Sodium 90mg, Carbohydrate 4g, Dietary Fiber 0g, Sugars 3g, Protein 3g, Calcium 66mg, Potassium 24mg