

With **POWER UP
SWEET POTATO**



Select – Choose sweet potatoes that are firm and smooth.

Store – Store in a cool, dark place for 3-5 weeks.

Prepare – Rinse under cool, running water and scrub to remove dirt.

Sweet Potatoes are the Harvest of the Month!

Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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Recipe of the month

Chocolate Sweet Potato Pudding

Serves 4

Ingredients:

- 2 medium mashed sweet potatoes
- 1/4 cup cocoa powder
- 3 Tablespoons sweetener (sugar, brown sugar, maple syrup, honey)
- 1 teaspoons vanilla extract
- 1/4-1/2 cup liquid (milk, water)

Place all ingredients in a blender or food processor and blend until smooth. Chill and serve.

Per serving: 117 calories, 1g fat, 2g protein, 27g carbohydrate, 2g fiber, 37mg sodium

Source: laxf2s.org