Benefits of Eating Sweet Potatoes:

- Potassium – maintain good level of blood pressure
- Vitamin A - reduces the risk of cancers such as lung cancer, prostate cancer, and protects eye health.
- Fiber – relieves constipation and good for digestive tract
- Vitamin C - supports the immune system and helps iron absorption
- Choline – good for muscle movement, learning and memory

Sweet potatoes can be added to soups, stews and braises. Boiled, baked, or roasted as side dishes

Tip: Check that sweet potatoes are firm with smooth, taut skin when buying or cooking

Types of Sweet Potatoes:

Beaureguard, Georgia Jet, Jewel, Garnet, Heart of Gold, Bunch Porto Rico, Stokes, Okinawan, Japanese

Roasted Sweet Potatoes

Makes 2 servings

Ingredients

1 large sweet potato, peeled, cut into ¼ inch thick slices
1 tsp kosher salt
1 tsp freshly ground black pepper
2 tbsp olive oil

Directions

1. Preheat the oven to 350 degree F. Line a baking sheet or dish with aluminum foil.
2. Arrange slices of sweet potatoes in the prepared pan.
3. Season with salt, pepper and drizzle olive oil over them.
4. Bake in the preheated oven for 30 minutes until potatoes are tender and wrinkle around the edges.

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