

MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

Vol. 13, Issue 1
Winter 2011

Enjoy Sweet Potatoes

Sweet potatoes are great raw or cooked and are an excellent source of important nutrients for good health along with being low in cost. So try adding sweet potatoes to your menus. Here are some ideas.

Sweet Potato Fries

- 2 pounds sweet potatoes, peeled*
- 1 Tablespoon vegetable oil
- 1 teaspoon pumpkin pie spice

Preheat oven to 400°F. Cut potatoes in half lengthwise; then cut into $\frac{1}{2}$ -inch thick fries. In a large bowl, combine sweet potatoes, oil, and pumpkin pie spice. Toss until potatoes are thoroughly coated. Spray baking sheet with cooking spray and spread fries in a single layer on sheet. Bake 30-35 minutes, turning once to ensure even cooking.

* 3-4 medium sweet potatoes; makes approximately 8 cups raw strips

Yield: 12 servings; serving size 1/2 cup (80 calories, 1 gram fat, 0 grams trans fat, 2 grams fiber, 40 mg sodium)

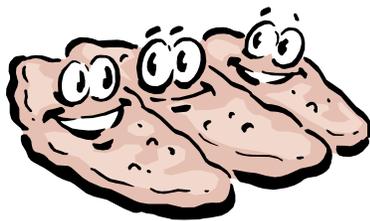
Sweet Potato Salad

- 2 pounds sweet potatoes (3-4 medium sweet potatoes)
- 2 cups green peas, cooked
- 1/2 cup sliced green pepper
- 1/2 cup diced red onion
- 3 Tablespoons Italian dressing, low fat

Wash, pierce and dry the sweet potatoes. Microwave on high until tender, or about 5 minutes per sweet potato. Cool sweet potatoes, then peel them and cut into 1-inch pieces.

Transfer to a serving bowl. Add the rest of the ingredients and mix well. Serve immediately or chill for later use.

Yield: 18 servings; serving size 1/2 cup (60 calories, 0 grams fat, 0 grams trans fat, 2 grams fiber, 55 mg sodium)



Sweet Potato Casserole

- 4 medium sweet potatoes
- 1 Tablespoon butter
- 1/4 cup orange juice
- 2 Tablespoon chopped walnuts (optional)
- 1/4 tsp. nutmeg

Boil whole sweet potatoes 25-30 minutes or until tender. Drain and run under cool water to cool slightly. Peel and mash. Add butter, juice, nuts and nutmeg. Mix well. Spoon mixture into 1-quart casserole lightly oiled. Bake at 375°F, uncovered, 25 minutes. Serve hot.

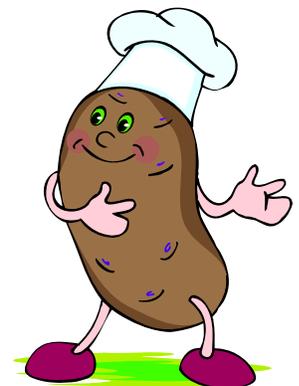
Yield: 6 servings; serving size 1/2 cup (100 calories, 2 grams fat, 0 grams trans fat, 3 grams fiber, 65 mg sodium)

Sweet Potato and Apple Bake

- 3 medium sweet potatoes, boiled until tender
- 2 large apples, cored and sliced
- 1/3 cup raisins
- 1/4 cup chopped toasted almonds (optional)
- 2 Tablespoons butter, melted
- 1/3 cup firmly packed brown sugar
- 1/2 cup quick-cooking oats
- 2 teaspoons grated lemon peel, (optional)

Peel and slice cooled potatoes. Add to apples, raisins and almonds in a large bowl; mix. Spoon into a shallow $\frac{1}{2}$ -quart backing dish. Combine butter, sugar, oats and lemon peel. Pour over apple mixture. Bake at 350°F for 35 minutes or until apples are tender.

Yield: 12 servings; 1/2 cup serving size (120 calories, 2 grams fat, 0 grams trans fat, 2 grams fiber, 35 mg sodium)



Sweet Potatoes and Yams... Are They Different?

The orange vegetables you see labeled "yams" in many grocery stores are actually sweet potatoes. Yams are a completely different vegetable and belong to a separate plant family. Sweet potatoes have traditionally been referred to as "yams" in parts of the US and Canada — creating confusion on the real identity of these root vegetables.

True "yams" grow on a tropical vine that is rarely cultivated in the US. They are popular in South and Central America, and in parts of Asia and Africa. The flesh of yams is typically white or yellow, but may also be purple to pink. Yams are high in vitamin C, fiber and potassium but have less vitamin A than sweet potatoes. Yams can be prepared much like sweet potatoes; however, to find them you will need to locate a market that specializes in international foods.

Free Nutrition Education Programs



Nutrition staff are available to help limited income families and individuals throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers.

Topics include:

- Stretching food dollars
- Preparing low cost, easy recipes and menus
- Eating healthy and staying active

Contact:

Cornell Cooperative Extension of Herkimer County
5657 State Rt. 5
Herkimer, NY 13350
(315)866-7920
herkimer@cornell.edu



Herkimer—Madison WIC Program

Does your household include any pregnant women, new mothers or children under age 5? Would you like to be on a program that will provide free and healthy foods to you and your family? Call (315) 866-5029 to see if you are eligible!

Need help paying your grocery bill? **Food Stamps** can help! Call (315) 894-9917 today. Nutrition Outreach & Education Program Catholic Charities of Herkimer County

Sweet Potato Tips

Selection: Although fall and winter are the peak seasons for sweet potatoes, they are available all year long. Choose firm, small- to medium-sized potatoes with smooth skin. Avoid cracks, soft spots, and blemishes.

Storage: Store sweet potatoes in an open container in a cool, dark place for use within 3-5 weeks.

Cooking Tips

- Bake, roast, or steam...pick a cooking method and enjoy. Use sweet potatoes as a side dish to any meal. Steam peeled sweet potato chunks for about 10 minutes until tender, and mash with a dash of orange juice. Prevent darkening by submerging cut potatoes in cold water while preparing.
- Try in salads...substitute sweet potatoes for regular potatoes in your favorite potato salad recipe. Or use raw diced or shredded sweet potatoes as a topping on a green salad.
- Enjoy sweet potatoes raw, cut into strips and served with a favorite dip.
- Add a twist to sandwiches...cut thin slices of cooked sweet potatoes and add to your favorite sandwich or wrap instead of tomatoes.
- Grill them...slice sweet potatoes into ½ inch thick rounds and grill until lightly browned. Drizzle with lime juice if desired.
- Add variety to soups by adding cubed or shredded sweet potatoes during cooking.

Yield: 1 pound of fresh sweet potatoes equals approximately
 ⇒ 2 - 3 medium sweet potatoes
 ⇒ 2 ½ to 3 cups raw, cut into 1 inch cubes
 ⇒ 1 ¾ to 2 cups cooked and mashed

Nutrition Facts

Serving Size 1 medium, 5" long, 2" diam.
(130g)

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 100			
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat	0g		0%
Cholesterol 0mg			0%
Sodium 70mg			3%
Total Carbohydrate 23g			8%
Dietary Fiber	4g		16%
Sugars	7g		
Protein 2g			
Vitamin A	120%	Vitamin C	30%
Calcium	4%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Nutritional Benefits

Sweet potatoes are fat free; saturated fat free; low sodium; cholesterol free; a good source of dietary fiber; high in vitamin A and C; and are a good source of potassium. One medium sweet potato contains 100 calories.



To view past issues of "Make Your Food Dollars Count" newsletter on-line go to www.cce.cornell.edu/herkimer and then click on the link for Eat Smart NY Newsletters under Nutrition Programs.