



10 Ways To Serve Sweet Potatoes At Home

1. Sweet potatoes can be boiled, baked, grilled or microwaved and served as a side dish
2. Make loaded sweet potatoes
3. Make mashed sweet potatoes
4. Make a sweet potato breakfast hash
5. Make sweet potato pie
6. Add to casseroles or make sweet potato casserole
7. Add to a salad
8. Add to soup or stew
9. Mix regular potatoes and sweet potatoes to make a potato salad
10. Make baked sweet potato fries (air fryers work great)



SUPER DUPER SWEET POTATOES

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November is sweet potato awareness month and they also happen to be the perfect root vegetable to serve with your Thanksgiving day meal (and any other meal you have.)

Sweet potatoes are rich in vitamin A (a fat-soluble vitamin) important for normal vision, the immune system, and growth/development.

These root vegetables (tubers) are a good gateway vegetable for picky eaters because they are sweet vs. bitter like many other vegetables. You can also serve them in a variety of ways.

If you have a french fry loving child, sweet potato fries could be a good first step to introduce them. From there, you can work up to wedges and even steamed/baked sweet potatoes.

When picking a sweet potato, choose a small to medium sized potato without cracks or blemishes. Store them in a cool, dry, dark area for up to a month or up to a week on the counter.

Simple Microwaved Sweet Potato

1. Wash and dry the sweet potato (use a medium size potato). Don't peel it. Pierce it in a few places with a fork.
2. Place the potato on a paper towel and microwave it on high for 3 minutes. Turn it to the other side and microwave for 3 more minutes or until fork-tender.
3. Be careful when removing the sweet potato from the microwave - it will be hot. Allow it to rest for 2 minutes, then cut it in half.
4. If desired, sprinkle the potato with kosher salt and top it with butter. Serve immediately.