

SWEET POTATOES



Sweet potatoes are a RED/ORANGE vegetable. The deep orange color is beta carotene, which is vitamin A. Sweet potato is one richest source of vitamin A. They also are a good source of fiber, potassium, and vitamin C.

Sweet potatoes are commonly served whole, in large chunks, or mashed. They are always served cooked. They can be baked as thick slices like home fries or thin sliced like chips. They are used in desserts too, like Sweet Potato Pie.

FUN FACT :

Sweet potatoes are one of the oldest known vegetables. In the mid-20th century, the orange sweet potato was introduced into the United States and given the name “yam.” A sweet potato and yam are actually different, but in many places, the names are used interchangeably.

Sweet potatoes need a long growing season, so they are usually grown in the Southern parts of the US.

In Asia and Micronesia typical sweet potatoes are BLUE not orange.

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<p>Safety:</p>	<p>Sweet potatoes should be cleaned before cutting and cooking by using a vegetable brush under running water. Dry with a clean towel.</p> <p>Always use a different cutting board for vegetables than for meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
<p>Yield:</p>	<p>For 100 ½ cup servings of cooked, mashed sweet potatoes, purchase 36.4 lbs of fresh.</p> <p>For cooked, sliced sweet potatoes, purchase 22 lbs of fresh.</p>
<p>Quality:</p>	<p>High quality sweet potatoes are firm and exhibit an absence of decay. For even cooking, look for a sweet potato with uniform shape.</p>
<p>Storage:</p>	<p>Store uncooked, uncut sweet potatoes in a cool (around 50° F) dry, well ventilated container for up to two weeks. Cut or peeled raw sweet potatoes should be stored at 41° F or below. Cooked sweet potato can be kept up to 7 days under refrigeration or up to 4-6 months in the freezer.</p>
<p>Preparation:</p>	<p>Wash sweet potatoes (see safety section).</p> <p>Peel sweet potatoes if desired. If potatoes are not cooked after peeling, place in a bowl of clean water and refrigerate to keep them from getting dark.</p> <p>To easily peel a boiled sweet potato: drain water and immediately place in cold water.</p> <p>To chop: Peel if desired. Cut in discs or strips. The smaller the cut sweet potato, the faster it will cook/bake.</p>
<p>Seasonings:</p>	<p>Baked sweet potatoes are often served with butter. Sweet potatoes can be seasoned with cinnamon or nutmeg. As sweet potato home fries, they taste great seasoned just like French fries.</p>

