

# SASSY SWEET POTATOES



## A Slice of Sweet Potatoes

Dear Parents:

Studies show that good nutrition & physical activity are vital to a child's growing mind and body. Even school success is linked to healthful eating and physical activity habits. Children who maintain better diets and are physically active are more likely to have higher test scores than children who do not.

This year your child has the opportunity to taste test different fruits or vegetables grown right here in Georgia.

This month, students will taste sweet potatoes.

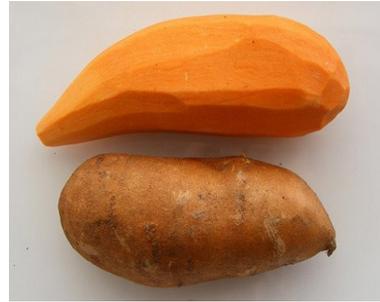
Sweet potatoes are a part of the morning glory flower family. They are a type of vine with white

flowers, but the part that we actually eat is the root of the vine plant. Sweet potatoes grow to generally be around the size of a white potato, and are available all year long, but are most abundant in the fall and early winter.

We encourage you to incorporate healthy fruits and vegetables into you and your child's diet every day. Simply flip this page over to find some very easy and simple recipes using sweet potatoes.

### Great Nutritional Websites for Parents and Children:

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.superkidsnutrition.com](http://www.superkidsnutrition.com)



### Books to read with your children:

*The Gigantic Sweet Potato*  
by Dianne de Las Casas

*Little Sweet Potato*  
by Amy Beth Bloom

## Eat Well Without Breaking the Bank

Eating healthy does not have to break the bank. With a little bit of planning, you can stretch your money. Good nutrition does not have to be expensive.

Here are some tips to help you make every penny count.

- Review weekly store sales and cut out coupons
- Buy in bulk
- Plan weekly menus
- Eat seasonally, or buy frozen vegetables instead of fresh when they are not in season
- Cook large batches of your favorite meals, and freeze the leftovers

### Pick the Perfect Sweet Potato

- Choose those with a firm, dark, smooth skin.
- Avoid sweet potatoes with wrinkled skins.
- Do not choose those with bruises, sprouts or decayed spots.

### Other Healthy Information:

#### Awesome Antioxidants!

Fruits and vegetables are full of antioxidants.

Vitamins A, C, and E are examples of antioxidants.

Vitamin A is good for your eyesight and keeping a healthy heart.

Vitamin C helps protect your body against infections.

Vitamin E promotes healthy skin and hair.

### Sweet Potato Facts

- A serving of sweet potatoes contains 327% of your daily need for vitamin A.
- Sweet potatoes are one of the most nutritious vegetables you can eat as part of your 5 a day.
- Sweet potatoes contain calcium, potassium, vitamin A, B6 and C.



This material was funded by USDA's SNAP and other HealthMPowers partners. SNAP provides nutrition assistance to people with low income. It can help individuals buy nutritious foods for a healthy diet. For more information go to [www.compass.ga.gov](http://www.compass.ga.gov) or call 1.800.georgia (1 800.436.7442). In the Atlanta area, call 678.georgia (678.436.7442). This institution is an equal opportunity provider and employer.

# SASSY SWEET POTATO RECIPES

## Sweet Potato and Apple Hashbrowns

Serves 8

### What you need:

- 2 Tbsp. canola oil
- 1 large granny smith apple, peeled and sliced into thin matchsticks
- 1/2 C thinly sliced onion
- 3 medium sweet potatoes, cut into thin matchsticks (about 2 cups)
- cinnamon

apple and onion and cook until soft (about 4 minutes). Set aside in a covered bowl. Add 1 tablespoon oil to skillet. Spread potatoes in pan in an even layer and press them down lightly with a spatula. Cook until golden brown on the bottom (about 5 minutes). Drizzle with remaining oil and flip potatoes. Cook for about 5 more minutes. Add apple and onion mixture to potatoes and heat through. Sprinkle with cinnamon and add salt and pepper to taste.

### Nutrition Facts

Calories: 89.5  
Protein: 1g  
Fat: 3.5g  
Sodium: 26.7mg  
Carbohydrates: 14.1g  
Fiber: 2.5g

For this recipe and more visit:

<http://recipes.womenshealthmag.com/Recipe/apple-and-sweet-potato-hash-browns.aspx>

### What to do:

In a large skillet, heat 1 teaspoon oil over medium-high heat. Add

## Oven Sweet Potato Fries

Serves 2

### What you need:

- 1 large sweet potato, peeled and cut into wedges
- 2 tsp. canola oil
- 1/4 teaspoon salt
- pinch of cayenne pepper

wedges with oil, salt and pepper.

Spread the wedges out on a rimmed baking sheet.

Bake until browned and tender, turning once, about 20 minutes total.

### Nutrition Facts

Calories: 122  
Protein: 2g  
Fat: 5g  
Sodium: 323mg  
Carbohydrates: 19g  
Fiber: 3g

### What to do:

Preheat oven to 450 degrees.

Toss sweet potato

For this recipe and more visit:

[www.eatingwell.com](http://www.eatingwell.com)

**"Health is a**

**relationship**

**between you and**

**your body."**

**Terri Guillemets**

## Tips for the Picky Eater

Many parents worry about what their children eat and don't eat. Making sure your children are eating a healthy diet does not need to be frustrating. Use the following tips to help ensure that the picky eater in your family is eating a balanced diet.

- Respect your child's appetite or lack of one. If your child isn't hungry, don't force a meal or snack.

- Be patient with new foods. Your child might need repeated exposure to a new food.
- Make it fun. Serve veggies with a favorite dip or cut foods into various shapes.
- Recruit your child's help. Allow your child to select healthy foods at the grocery store.
- Set a good example. If

you eat a variety of healthy foods your child may follow suit.

- Don't be a short order cook. Preparing a separate meal for your child if they reject the original meal may just promote picky eating.

### Did you know?

When you are eating a sweet potato you are actually eating a root.