

TEACHING TOOL DOWNLOAD

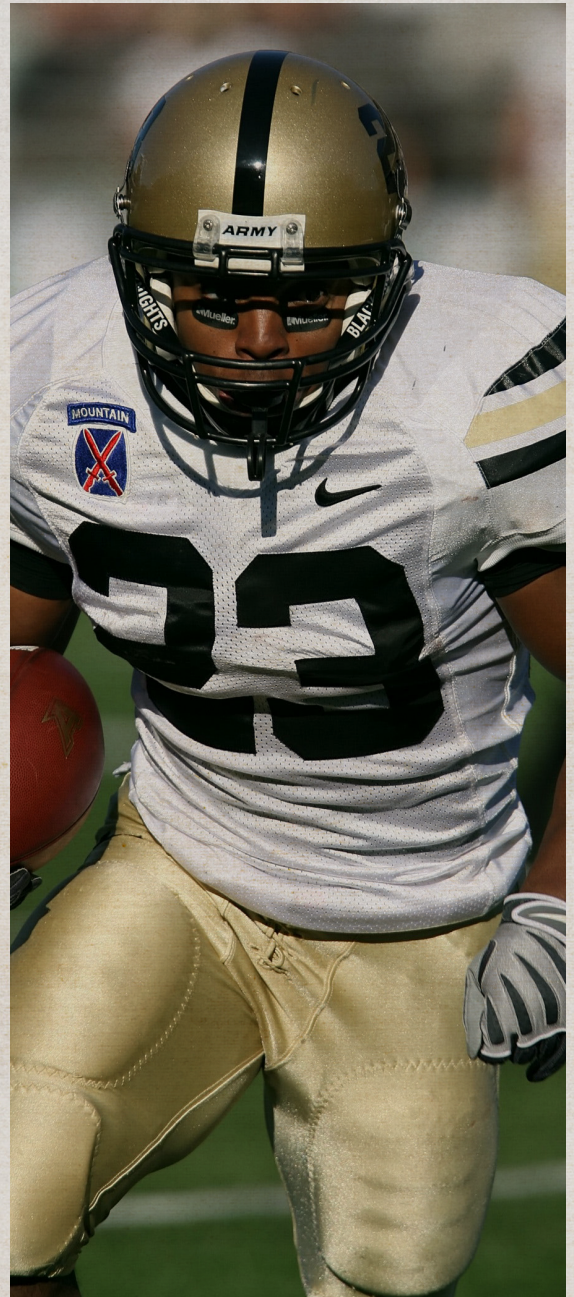
September

5 WAYS SWEETPOTATOES PAIR PERFECTLY WITH FOOTBALL

Sweetpotatoes make for the perfect accompaniments to football season. Here's why you should include them in your football snacks, meals and planning.

1. ***SweetPotatoes Can Be Cooked On the Grill or In the Oven***
While football begins in early fall, most of the cooking and grilling occurs outside when the weather is warm. Sweetpotatoes are easy to toss on the grill alongside your favorite tailgate options for a healthy side. When the weather cools down and get-togethers move indoors, sweetpotatoes can be baked in the oven, cooked on the stove or microwave, or pureed for dips in a blender!
2. ***SweetPotatoes Make The Perfect Dip*** - Blend sweetpotatoes with chickpeas to make hummus. Or, add maple syrup and chocolate chips for a flavorful cookie dough dessert dip. Both pair nicely with chips, pita bread, pretzels, veggies and more.
3. ***SweetPotatoes Add Color To Your Platter or Tailgate*** - Whether you're making a produce-filled platter or charcuterie board, sweetpotatoes add a bright orange hue to your gathering. Swap out your nachos and chips for sweetpotato nachos and add your choice of toppings. Plus, they also add plenty of nutrients to balance out your typical tailgate foods.
4. ***SweetPotatoes Are A Great Energy Source!*** - Whether you're training to be out on the football field, or you're gathering with friends to watch the game, complex carbohydrates provide sustainable energy, plus fiber to help keep you fuller for longer.

SweetPotatoes Are True "Team Players" - As one of the most versatile foods, sweetpotatoes pair well with nearly everything. Whether you're serving meat, cheese, fruits, veggies, beans, dips, soups and more, sweetpotatoes are a perfect addition. They can be a flavorful side, or be part of the main entree themselves.



www.ncsweetpotatoes.com