

# TEACHING TOOL DOWNLOAD

## January

### 5 WAYS TO INCLUDE MORE SWEETPOTATOES IN YOUR DIET THIS YEAR

Sweetpotatoes are one of the most versatile vegetables and are easy to add to a variety of recipes to enhance flavor and nutrition content.

Did you know that sweetpotatoes can also be microwaved to increase their cooking time for quicker meal options? Don't be intimidated about cooking and serving sweetpotatoes! These options come together quickly and are a breeze in the kitchen.

Have you used sweetpotatoes in any of these ways?

**\* Instead of chips, use sweetpotatoes sliced into coins as your "nachos." Top with shredded cabbage, peppers, beans, corns and cheese and bake to make your own version of Sweetpotato Nachos.**



**\* Add diced sweetpotatoes to your favorite chili recipe. You'll be adding immune boosting vitamins and nutrients, as well as increasing the flavor!**



**\* Mixed mashed sweetpotatoes with your favorite ground meat and spices to make sweetpotato meatballs**



**\* Slice sweetpotatoes into thin, fry-shaped strands and make your own oven-baked sweetpotato fries. Top with sea salt and cinnamon for a sweeter version, or paprika and cumin for a savory option**



**\* Add them to salads – Cut your sweetpotatoes into small square shapes and roast them. Once cooled, add to your favorite salad for extra carbohydrates and a boost of fiber.**



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