

Terra's KITCHEN

Nutritional Facts, Ways to Prepare and Something Fun

Sweet Potato Chunks (16 ounces)



The Cooking Part:

Roasted: Preheat the oven to 400° F. On a foil-lined baking sheet, toss the sweet potato chunks with 2 tablespoons olive oil, salt, and pepper. Roast until lightly browned and tender (20-25 minutes). Grate parmesan over and serve.

Mashed: Bring salted water in a medium sized pot to a rolling boil. Add the sweet potatoes and cook until fork tender (about 20 minutes). Drain and add a pinch of ground cinnamon. Mash with a potato masher until creamy. Salt and pepper to taste. Drizzle with honey and top with chopped walnuts to serve.

Sautéed: In a medium skillet, heat 2 tablespoons of olive oil. Add the sweet potatoes. Liberally salt and pepper and sauté for 10 minutes. In the meantime, chop 2 green onions and mince 3 cloves of garlic. Add to the sauté pan and cook for 5 more minutes. Salt and pepper to taste and serve.

The Nutritional Part:

– Sweet potatoes provide an excellent source of beta-carotene necessary for healthy skin, eyes and immune system!

The Fun Part:

– George Washington Carver developed 118 products from sweet potatoes including glue for postage stamps and starch for sizing cotton fabrics.

– Sweet potatoes are the official vegetable of North Carolina.

★ *Pro Tip: Sweet potatoes can be substituted in virtually any recipe that calls for apples, squash or white potatoes.*

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