

Michigan Fresh

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Extension msue.anr.msu.edu/program/info/mi_fresh

Sweet Potatoes

Michigan-grown sweet potatoes are available July through March.

Fruits and vegetables provide nutrients that will give you energy and help you feel satisfied longer. Preserving them for later use is easy and can save you money over time.

Michigan State University Extension provides education that helps people buy and prepare healthy, budget-friendly foods as well as live a balanced, healthy lifestyle.



Sweet potatoes have many health benefits. They are low in fat, low in sodium and high in fiber, and contain vitamin C. Wash sweet potatoes before you prepare them and cook them in their skins to retain their vitamin content. Store sweet potatoes in temperatures between 45 and 50 °F to keep them fresh.

Preserving sweet potatoes and other fruits and vegetables by freezing them when they are at their nutritional peak allows people to use them throughout the year. For the best quality, preserve only the amount of sweet potatoes that your family can eat in one year.



Oven-Baked Sweet Potato Fries

Makes 6 servings

Nutrition Information: 117 Calories per serving; 1g Fat; 37mg Sodium; 14g Carbohydrates (2g Fiber, 3g Sugar); Calcium 2%; Potassium 5%

INGREDIENTS

- » 3 sweet potatoes
- » 3 tablespoons olive oil
- » Salt and pepper to taste (optional)

TO PREPARE

1. Wash and peel sweet potatoes.
2. Cut into ¼-inch slices.
3. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired.
4. On a baking sheet, spread in a single layer.
5. Bake at 425 °F for 20 minutes or until tender and golden brown, turning occasionally to brown evenly.

SOURCE: Recipe adapted from University of Maryland Extension, Eat Smart Be Fit Recipes. Retrieved from USDA, Snap-Ed Connection, Oven Baked Sweet Potato Fries at <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/oven-baked-sweet-potato-fries>



COST

Per recipe:

\$1.55

Per serving:

\$0.26