

Sweet Potato “Fries”

Look:

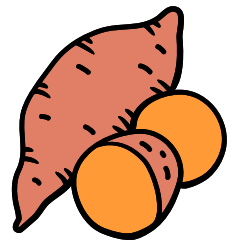
Sweet potatoes are typically recognized by their copper-colored skin and vibrant orange flesh.

Taste:

Sweet potatoes have a big crunch when you bite into them raw. When cooked, sweet potatoes have a mild, starchy, sweet flavor. When baked or boiled, the flesh becomes soft. When fried or roasted at high heat, the exterior becomes crisp and caramelized.

Touch:

The sweet potato is more rigid than a regular potato due to having far less water. This is why they are so difficult to cut.



What is your favorite way to eat sweet potatoes?

- A. Raw
- B. Cooked
- C. Baked or Broiled
- D. Fried or Roasted

Did you know?

A sweet potato is not a potato, not even a distant cousin! Potatoes are tubers; sweet potatoes are roots

Nutritionals

Sweet potatoes with orange flesh are richest in beta-carotene. Sweet potatoes with purple flesh are richer in anthocyanins. Beta-carotene and anthocyanins are naturally occurring plant “phyto” chemicals that give vegetables their bright colors.

Sweet Potatoes are a great source of:

Vitamin B6

Vitamin C

Fiber

Potassium

Vitamin A