

Sweet Potato



Sweet potato is a nutritious and inexpensive staple. Versatile and easy to cook, sweet potatoes are more nutrient dense than white potatoes. Varieties of sweet potato range from very dark orange to creamy white, and even purple! High in vitamin A and B-6, and fiber, sweet potatoes can add a nutritious kick to sweet or savory dishes.

Cooking

Great steamed, baked, or roasted. You can substitute sweet potatoes for white potatoes when making fries, mashed potatoes, or hash browns. Add mashed or pureed sweet potatoes to muffins, quick breads, and smoothies for healthy sweetness and richness. Use leftover cooked sweet potato cold in salads with grains or greens.



Storage

Sweet potatoes should be kept somewhere cool, dry, and dark, rather than in the refrigerator. They can last up to a month or more if kept in optimal conditions. Do not wash until ready to use: scrub well and eat the skins, or rinse & peel before using.



Oven Roasted Sweet Potato Nachos

Serves: 4 Total Time: 35 Minutes

Ingredients:

- 1 ½ lbs sweet potatoes (2 large or 3-4 small)
- 2 tbsp oil (vegetable or canola)
- ¼ cup corn kernels (fresh or frozen)
- ¼ cup black beans
- ¼ cup tomatoes, diced (canned or fresh)
- ¼ cup bell pepper, diced (any color)
- ¾ cup shredded cheese (any kind)
- ½ avocado, diced
- 2 tbsp salsa
- 2 tbsp plain Greek yogurt or sour cream
- 1 tsp lime or lemon juice
- ¼ cup green onions or chives, thinly sliced

Quick Tips:

- Add spice with sliced jalapeño or a little diced hot pepper
- Use whatever beans & vegetables you have on hand: try kidney or refried beans, zucchini, red onions, or other veggies!

Directions:

1. Preheat oven to 400°F. Set out a rimmed sheet pan or baking dish.
2. Scrub sweet potatoes well. Cut into ¼ inch slices and place in a large bowl. Add oil and toss until evenly coated, then spread evenly on the sheet pan.
3. Place in the oven and bake until browned and crispy, about 25 minutes. Flip slices half-way through baking.
4. Meanwhile, in a small dish whisk together yogurt (or sour cream), lemon juice, and a pinch of salt and pepper. Set aside.
5. Remove sweet potatoes from oven and top with corn, beans, tomatoes, bell pepper, and cheese. Return to the oven and bake until cheese is bubbly, 5-10 minutes more.
6. Remove from oven and let cool slightly, then top with avocado, salsa, and green onion. Drizzle yogurt over the top and serve warm.