

Sweet Potato

Arkansas Grown

History

Scientists believe that sweet potato was domesticated thousands of years ago in Central America. After his first voyage to the Americas in 1492, Christopher Columbus took sweet potatoes back home to Europe. The crop was introduced into China in the late 16th century and spread through Asia, Africa, and Latin America during the 17th and 18th centuries.

Storage Tips

- Sweet potatoes will keep for 1 to 2 months in a cool, dark place.
- Colder temperatures can speed up the decay of sweet potatoes, and warmer temps will accelerate sprouting and loss of moisture.
- The flavor of sweet potatoes can actually improve with storage as some of the starch turns into sugar.
- Avoid storing potatoes with onions because, when close together, they produce gases that spoil both.
- Do not store them in the refrigerator, where they will develop a hard core and an "off" taste.

Nutrition Information

This food is low in sodium, and very low in saturated fat and cholesterol. It is also a good source of dietary fiber, Vitamin B6 and Potassium, and a very good source of Vitamin A, Vitamin C and Manganese.

1 cup, chopped sweet potatoes

Calories: 180

Fat: 0.3 g

Carbohydrates: 41.4 g

Sugars: 13.0 g

Vitamin A: 769%

Vitamin C: 65%

Manganese: 50%

Sodium: 72 mg

Sweet Potato Burritos

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 6 cups canned kidney beans, drained
- 2 cups water
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 4 teaspoons prepared mustard
- 1 pinch cayenne pepper, or to taste
- 3 tablespoons soy sauce
- 4 cups cooked and mashed sweet potatoes
- 12 (10 inch) flour tortillas, warmed
- 8 ounces shredded Cheddar cheese

Preheat oven to 350 degrees F (175 degrees C). Heat oil in a medium skillet, and sauté onion and garlic until soft. Stir in beans and mash. Gradually stir in water, and heat until warm. Remove from heat, and stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce. Divide bean mixture and mashed sweet potatoes evenly between the tortillas. Top with cheese. Fold up tortillas burrito style, and place on a baking sheet. Bake for 12 minutes in the preheated oven, and serve.

Cut out this recipe and glue it to a note card for future reference!



How to Pick Them

Choose firm, dark, smooth sweet potatoes without wrinkles, bruises, sprouts, or decay. Even if cut away, a decayed spot may have already caused the whole potato to take on an unpleasant flavor.



This item and others like it can be purchased with your EBT card at your local farmer's market or grocery store.