

Sweet Potato Hash

Recipe on back!

Sweet potatoes are an excellent source of vitamin A for healthy eyes and skin. Eat a little healthy fat with sweet potatoes for maximum absorption of vitamin A!



Piedmont
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Sweet Potato Hash



Makes 6 servings, 1 cup per serving

Cost per recipe: \$3.07

Cost per serving: \$0.56

Sweet potatoes and recipe cards made possible by the Piedmont Natural Gas Foundation, in partnership with West Farms and Second Harvest Food Bank of Middle Tennessee.

Ingredients:

- ¼ cup vegetable oil
- 2 sweet potatoes, peeled and cut into small cubes
- 1 cup chopped onions
- 1 cup chopped bell peppers
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

Directions:

1. Heat oil in a skillet over medium-high heat.
2. Cook onions and peppers until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20 minutes, stirring frequently. Serve hot.

Nutrition information per serving: Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Total Fat 9 g, Saturated Fat 1 g, Sodium 407 mg. Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California*

Sweet Potato Fries

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SECOND HARVEST
FOOD BANK
MIDDLE TENNESSEE
Feeding Hope

Sweet Potato Fries



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Makes 6 servings, 2/3 cup fries and 1 Tbsp dip per serving

Cost per recipe: \$1.92

Cost per serving: \$0.32

Sweet potatoes and recipe cards made possible by the Piedmont Natural Gas Foundation, in partnership with West Farms and Second Harvest Food Bank of Middle Tennessee.

Ingredients:

- 4 medium sweet potatoes
- 1 tablespoon of oil
- 1/8 teaspoon salt

Dip:

- 1/4 cup light mayonnaise or salad dressing
- 1 tablespoon ketchup
- 1/8 to 1/4 teaspoon cayenne pepper, chili powder, or paprika

Directions:

1. Preheat oven to 425°F.
2. Rinse and scrub each potato.
3. Cut the potato in half lengthwise. Lay each potato half flat and slice into half-round shapes about 1/4 inch thick.
4. Combine potatoes, oil, and salt in a bowl. Stir until potatoes are covered with oil.
5. Grease cookie sheet with oil and lay potato slices in a single layer.
6. Bake for about 30 minutes, flipping about half way through.
7. Mix the dip ingredients while potatoes are baking.
8. Serve immediately.

Nutrition information per serving: Calories 150, Carbohydrate 26 g, Dietary Fiber 3 g, Total Fat 4 g, Saturated Fat 0.5 g, Sodium 220 mg. Source: Iowa State Spend Smart Eat Smart

Baked Sweet Potato

Recipe on back!

Just one large sweet potato contains half of the recommended daily amount of vitamin C, which helps boost your immune system and fight off colds.



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Baked Sweet Potato



Makes 1-6 servings, 1 sweet potato per serving

Cost per serving: \$0.50

Sweet potatoes and recipe cards made possible by the Piedmont Natural Gas Foundation, in partnership with West Farms and Second Harvest Food Bank of Middle Tennessee.

Ingredients:

- 1-6 sweet potatoes
- Toppings of choice, such as:
 - salt and pepper
 - butter
 - ricotta cheese
 - cinnamon
 - brown sugar
 - barbecue sauce
 - nuts, etc.

Directions:

In Oven:

1. Preheat oven to 400°F.
2. Wash and scrub sweet potatoes. Poke sweet potatoes several times with a fork. Line baking sheet with aluminum foil and place up to 6 sweet potatoes on sheet. Bake for 45 minutes or until soft.
3. Cut a slit in the top of the sweet potato and serve with favorite toppings.

In Microwave:

1. Wash and scrub sweet potato. Poke sweet potato several times with a fork.
2. Cook in microwave for 3 minutes, flip and microwave for 3 more minutes. Cook time depends on size of sweet potato. If still hard, microwave for longer in one minute increments.
3. Cut a slit in the top of the sweet potato and serve with favorite toppings.

Roasted Root Vegetables

Recipe on back!

Sweet potatoes help protect against harmful substances that can cause heart disease and cancers. This is because they are full of beta-carotene, a powerful antioxidant.



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Roasted Root Vegetables



Makes 4 servings, 1 cup per serving

Cost per recipe: \$1.95

Cost per serving: \$0.49

Sweet potatoes and recipe cards made possible by the Piedmont Natural Gas Foundation, in partnership with West Farms and Second Harvest Food Bank of Middle Tennessee.

Ingredients:

- 2 sweet potatoes
- 2 potatoes (could also use rutabagas, turnips, beets, parsnips)
- 2 carrots, chopped
- 1 onion, chopped
- ¼ cup vegetable oil
- 3 tablespoons Parmesan cheese

Directions:

1. Preheat oven to 350°F.
2. Cut vegetables into large chunks.
3. Place cut vegetables in a medium bowl and pour oil over top. Add Parmesan and seasonings, if desired. Mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender and serve warm.

Mashed Sweet Potatoes

Recipe on back!

Sweet potatoes are full of fiber!
Fiber can help lower cholesterol
and regulate digestion.



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Mashed Sweet Potatoes



Makes 7 servings, 1/2 cup per serving

Cost per recipe: \$2.41

Cost per serving: \$0.34

Sweet potatoes and recipe cards made possible by the Piedmont Natural Gas Foundation, in partnership with West Farms and Second Harvest Food Bank of Middle Tennessee.

Ingredients:

- 2 pounds sweet potatoes (about 4 sweet potatoes), peeled and cut into 2-inch pieces
- 2 tablespoons butter
- ½ cup skim milk
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- ¼ tsp ground ginger
- Pinch of nutmeg

Directions:

1. Put the sweet potatoes in a large pot and add just enough cold water to cover them.
2. Bring to a boil and cook until tender, about 15 minutes.
3. Drain the water and return the potatoes to the pot on the stove top with burner turned off. The residual heat from the pot will help any excess water burn off.
4. Add the remaining ingredients and mash until smooth and well-combined.
5. Serve immediately.

Nutrition information per serving: Calories 190, Carbohydrate 37 g, Dietary Fiber 5 g, Total Fat 3 g, Saturated Fat 2 g, Sodium 211 mg. Source: Canyoustayfordinner.com.

Apple Glazed Sweet Potatoes

Recipe on back!

Sweet potatoes help protect against harmful substances that can cause heart disease and cancers. This is because they are full of beta-carotene, a powerful antioxidant.



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Apple Glazed Sweet Potatoes



Makes 4 servings, 1/2 cup per serving
Cost per recipe: \$2.68
Cost per serving: \$0.67

Sweet potatoes and recipe cards made possible by the Piedmont Natural Gas Foundation, in partnership with West Farms and Second Harvest Food Bank of Middle Tennessee.

Ingredients:

- 2 ½ cups unsweetened 100% apple juice
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 4 small sweet potatoes, peeled and thinly sliced

Directions:

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze.
3. Serve while hot.

Nutrition information per serving: Calories 210, Carbohydrate 50 g, Dietary Fiber 5 g, Total Fat 0 g, Saturated Fat 0 g, Sodium 200 mg. Source: cachampionsforchange.cdph.ca.gov