

With **POWER UP
SWEET POTATO**



Select – Choose sweet potatoes that are firm and smooth.

Store – Store in a cool, dark place for 3-5 weeks.

Prepare – Rinse under cool, running water and scrub to remove dirt.

Sweet Potatoes are the Harvest of the Month!

Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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Recipe of the month

Sweet Potato and Black Bean Quesadillas

Serves 4

Ingredients:

- 1 medium sweet potato (should equal about 1 cup mashed)
- 1/8-1/4 teaspoon chili powder/cumin (optional)
- 4 medium-size (~8 inch) tortillas
- 1/2 cup canned, low-sodium black beans, rinsed and drained
- 3/4 cup of shredded cheddar cheese

Per serving: 240 calories, 5g fat, 11g protein, 37g carbohydrate, 3g fiber, 680mg sodium

Source: laxf2s.org

Directions:

1. Wash hand with soap and water.
2. Add a pinch of salt and chili powder or cumin (optional), to mashed sweet potatoes and stir.
3. Spread potato mixture over tortilla, then top with black beans and cheese. Fold in half. Repeat for 3 more tortillas.
4. Heat a pan on high heat and spray with nonstick cooking spray.
5. Brown quesadilla about two minutes on each side until the inside is warm and the cheese is melted.
6. Cut each quesadilla into 4 pieces, and optionally, serve with salsa or guacamole.