



Sweet Potatoes



For fun facts about sweet potatoes, as well as tips and tricks to help you pick, prepare, and eat more sweet potatoes this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemoth.org/>.

Resources include:

[“In The Kitchen” Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)

And more!



January Recipes

Savory Sweet Potatoes

Makes 5 servings

Ingredients

3 ½ cups sweet potatoes (2 medium),
peeled and diced
1 tbsp. vegetable oil
1 tsp. salt
1/2 tsp. sugar
2 tsp. Italian seasoning
1/4 tsp. black pepper

Directions

1. Rinse or scrub sweet potatoes under running water before preparing.
2. Preheat oven to 400 °F. Line a baking sheet with foil for quick cleanup.
3. In a large bowl, mix the sweet potato cubes with remaining ingredients so that each piece is coated.
4. Arrange cubes in a single layer on the baking sheet.
5. Bake until tender and golden, about 20 minutes. Stir or turn cubes after 10 minutes.
6. Refrigerate leftovers within 2 hours.

Notes

- No Italian seasoning? Use 1 tsp. dried oregano, 1 tsp. dried basil, and 1/2 tsp. garlic powder.

Nutrition Facts (1/2 cup): 110 Calories, 3g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 520mg Sodium, 19g Carbohydrates, 4g Total Sugars (0g Added Sugars), 1g Protein.

Source: www.foodhero.org

Sweet Potato Hummus

Makes 10 servings

Ingredients

1 lb. sweet potato, peeled and cut into
1-inch chunks
1 (15 oz.) can chickpeas, rinsed and drained
1/2 cup sesame tahini
3/4 cup olive oil, divided
Salt and pepper, to taste
4 sprigs parsley, leaves roughly chopped
(optional)

Directions

1. Bring a pot of water to a boil. Add sweet potato chunks and cook until fork-tender, about 15 to 20 minutes. Reserve 1 cup of cooking liquid, then drain the potatoes. Let the potatoes cool slightly.
2. In a food processor, combine the cooked sweet potatoes, chickpeas, salt, pepper, and tahini. Purée by slowly adding 2/3 cup of olive oil and pulse until smooth. If the mixture is too thick, add reserved cooking liquid as needed.
3. Top with chopped parsley and drizzle with remaining olive oil. Serve with warm whole-grain pita or vegetables (steamed or raw).

Notes

- Recipe in partnership with [Cook for Your Life](#).

Nutrition Facts (1/3 cup): 270 Calories, 23g Total Fat, 3g Saturated Fat, 0mg Cholesterol, 20mg Sodium, 11g Carbohydrates, 1g Total Sugars (0g Added Sugars), 4g Protein.

Source: www.aicr.org

Looking for other easy ways to enjoy **sweet potatoes**? Visit:

<https://fruitsandveggies.org/blog/top-10-ways-to-enjoy-sweet-potatoes/>

<https://fruitsandveggies.org/fruits-and-veggies-101/sweet-potato/?view=recipes>