



SWEET POTATOES

The sweet potato is an underground tuber that is a great source of fiber, vitamins, and minerals. They are filling and delicious, and they can be eaten boiled, baked, steamed, or even air-fried. Fun fact—sweet potatoes are only distantly related to regular potatoes. Although sweet potatoes are a great addition to a nutritious diet, they have a medium to high glycemic index and should be eaten with caution by people with diabetes.

SELECTION & STORAGE

When choosing your sweet potato, choose firm, small to medium sized potatoes with smooth skin. Avoid sweet potatoes with cracks, soft spots, or other blemishes. For storage, keep them in a cool, dark, and dry place like a pantry. Use sweet potatoes within two to three weeks for best freshness, and avoid storing them in the refrigerator.

RECIPE OF THE MONTH: MEXICAN-STYLE BAKED SWEET POTATOES

INGREDIENTS:

- 4 medium sweet potatoes
- Olive oil, for rubbing
- Kosher salt
- Black bean salsa
- ½ cup frozen corn kernels
- Creamy cilantro sauce or dressing, to serve (plus a few extra cilantro leaves)
- Mexican hot sauce (such as Cholula), to serve

DIRECTIONS:

- Preheat oven to 450°F.
- Wash the sweet potatoes and slice them in half. Place on a parchment paper lined baking sheet and rub lightly with olive oil, just enough to coat. Sprinkle with kosher salt. Bake until tender and lightly browned on the edges, about 25 to 35 minutes depending on the size of the potatoes.
- Make or grab the black bean salsa.
- Defrost the frozen corn.
- Make or grab your creamy cilantro sauce. Save out a few cilantro leaves and chop the cilantro for a garnish.
- To serve, top the roasted sweet potatoes with black bean salsa, corn kernels, cilantro, and dollops of creamy cilantro sauce.

