

Sweet potato

Health Benefits

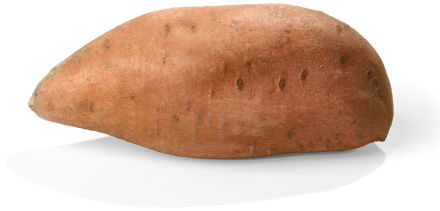
Sweet potatoes are packed with nutrients! They are rich in beta-carotene and vitamin C for immune health and fibre for heart health!

Storage

In a cool, dry, dark place. Cooked sweet potatoes should be stored in refrigerator.

Preparation

Scrub well with water. Sweet potatoes may be eaten raw and grated into a salad or cooked in cubes and added to salad as well! Keep the skin on sweet potatoes for maximum nutrients!



Grilled Sweet Potato

Ingredients:

Sweet potato

Oil

Herbs & spices of your choice



Directions:

1. Preheat oven to 400°F
2. Wash sweet potatoes, peel if desired, and cut lengthwise into wedges.
3. Toss sweet potato wedges with oil and herbs & spices.
4. Place on a baking sheet.
5. Bake 30-40 minutes.

*Recipe adapted from [tasty.co](https://www.tasty.co)