

SWEET POTATOES



Did you know?

Although there is often only one kind of sweet potato available at the grocery store, there are more than **400 varieties**.

5 ways to use them

- Substitute mashed potatoes for sweet potatoes in **shepherd's pie**.
- Cut into French fry sticks, coat with a bit of oil and bake for a new version of **French fries**.
- For a change from traditional mashed potatoes, why not make sweet potato **pancakes** by mixing grated sweet potato with an egg and flour?
- Sweet potatoes **stuffed with cheese and herbs** make a delicious side dish for special occasions.
- Add mashed sweet potatoes to your **muffins** or **cookies** to add a touch of sweetness and a pretty, orange colour.



Why we like them

Because they add colour to your plate! And brightly coloured vegetables are also packed with vitamins and minerals.

Tip to reduce waste

Sweet potato skins can be eaten. Just wash the sweet potatoes thoroughly before using.

Choosing them

Sweet potatoes should be firm. Don't choose sweet potatoes that are soft, split or have moldy bits.

Good to know!

Sweet potatoes are sensitive to cold and shouldn't be kept in the fridge. They also turn brown easily so it's best to put them in water as soon as you cut them up.

Storing them

Sweet potatoes are more delicate than regular potatoes and do best when stored in a cool place (below 16°C) where they can be kept for **up to 10 days**.