



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Sweet Potato

Lakota: bloskúya



Pick it!

Choose firm, smooth roots with bright, evenly colored skins. Avoid holes or cuts.

Try it!

Boil, bake, microwave, mash or fry. Add to stir-fries, soups and casseroles.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Fall

Sweet Potato

Lakota: bloskúya

Pick it!

Sometimes called a yam; long, tapered with smooth, thin, edible skin.

Choose firm, smooth roots with bright, evenly colored skins. Avoid holes or cuts, a source of decay.

Three medium sweet potatoes equals about 2 cups cooked and mashed or a 16 ounce can.

Store in a cool, dry place. Do not refrigerate, as it causes a hard-core and undesirable taste.

Boil, bake, microwave, mash or fry. Add to stir-fries, soups and casseroles.



Try it!

Just before cooking, scrub under running water and pat dry.

Use a fork to pierce (poke holes in) the potato 4-5 times; brush with oil.

Bake: place on baking sheet, bake at 400 degrees Fahrenheit (F) for 15 minutes; reduce heat to 375 degrees F, until soft.

Microwave: place on microwave safe plate, cook on high for 5-9 minutes. Let stand for 3 minutes.



Types of Sweet Potato

Pale yellow: Dryer flesh than orange variety, pale colored flesh and peel.

Dark orange: Orange flesh, moist and plump, sweeter than pale yellow.



Did you know...

Red, orange and yellow plant pigments are carotenoids which become vitamin A in the body. Vitamin A helps our eyesight, immunity, cell and bone growth.

Like it!

Sweet Potato Oven Fries

Ingredients

- 4 medium sweet potatoes
- Nonstick vegetable oil spray
- 2 tablespoons canola or olive oil

Optional Seasonings

- Mix equal parts ground nutmeg and cinnamon or
- Mix $\frac{1}{8}$ teaspoon each paprika, garlic flakes and salt with a pinch of cayenne pepper

Directions

1. Preheat oven to 475 degrees F.
2. Rinse potatoes thoroughly and cut into long strips about $\frac{1}{2}$ inch thick.
3. Place oil in a plastic bag on container and add potatoes. Toss to evenly coat the strips. If adding seasoning, add and toss to coat.
4. Lightly spray a baking sheet with nonstick spray and lay potato strips down in a single layer on the sheet.
5. Bake for 40 minutes turning strips halfway through.

Yields 6 servings

Nutrition Facts per Serving:
Calories 110; Fat 4.5g; Cholesterol 0mg; Sodium 95mg;
Carbohydrates 15mg; Sugar 5g; Fiber 3g; Protein 1g

Source: uaex.uada.edu/publications/PDF/FCS727.pdf

Mashed Sweet Potatoes

Ingredients

- 4 medium sweet potatoes
- $\frac{3}{4}$ teaspoon thyme
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Directions

1. Wash and peel potatoes. Cut them into slices about $\frac{3}{4}$ inches thick.
2. Place them in a saucepan with enough water to cover potatoes. Bring the water to boil on medium heat.
3. Cook the potatoes for 20-25 minutes until they are soft. Drain the water.
4. Put the potatoes in a medium bowl, mash using a fork or potato masher.
5. Mix in the thyme, salt and pepper. Serve hot.

Yields 4 servings

Nutrition Facts per Serving:
Total Calories 113; Total Fat 0g, Saturated Fat 0g;
Cholesterol 0mg; Sodium 217 mg; Carbohydrates 26g,
Dietary Fiber 4g, Total Sugars 5g, Added Sugars included
0g; Protein 2g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mashed-sweet-potatoes

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
extension.sdstate.edu**

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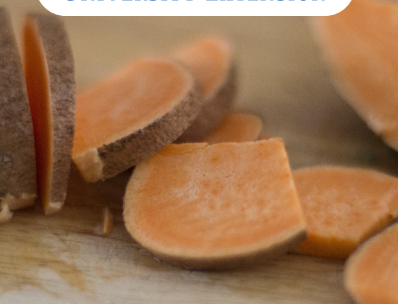
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Sweet Potato

Lakota: bloskúya

- Choose firm, smooth, tapered roots, bright, even colored skin. Avoid holes or cuts, a cause of decay.
- Three medium = 2 cups cooked mashed or a 16 ounce can.
- Store in a cool, dry place. Refrigeration causes a hard-core and undesirable taste.
- Boil, bake, microwave, mash, fry. Add to stir-fries, soups, casseroles.
- Scrub, pierce with fork and brush with oil.
- Bake: cook at 400 degrees F for 15 minutes, then reduce to 375 degrees F until soft.
- Microwave: cook on high for 5-9 minutes and let rest for 3 minutes.

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Sweet Potato Oven Fries

Ingredients

- 4 medium sweet potatoes
- Nonstick vegetable oil spray
- 2 Tablespoons canola or olive oil

Optional Seasonings:

- Mix equal parts ground nutmeg and cinnamon or
- Mix $\frac{1}{8}$ teaspoon each paprika, garlic flakes and salt with a pinch of cayenne pepper

Directions

1. Preheat oven to 475 degrees F.
2. Rinse potatoes thoroughly and cut into long strips about $\frac{1}{2}$ inch thick.
3. Place oil in a plastic bag or container and add potatoes. Toss to evenly coat the strips. If adding seasoning, add and toss to coat.
4. Lightly spray a baking sheet with nonstick spray and lay potato strips down in a single layer on the sheet.
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Mashed Sweet Potatoes

Ingredients

- 4 medium sweet potatoes
- $\frac{3}{4}$ teaspoon thyme
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Directions

1. Wash and peel potatoes. Cut them into slices, about $\frac{3}{4}$ inches thick.
2. Place them in a saucepan with enough water to cover potatoes. Bring the water to boil on medium heat.
3. Cook the potatoes for 20-25 minutes, until they are soft. Drain the water.
4. Put the potatoes in a medium bowl and mash using a fork or potato masher.
5. Mix in the thyme, salt and pepper. Serve hot.

Yields 4 servings

Nutrition Facts per Serving:

Total Calories 113; Total Fat 0g, Saturated Fat 0g; Cholesterol 0mg;
Sodium 217 mg; Carbohydrates 26g, Dietary Fiber 4g, Total Sugars 5g,
Added Sugars included 0g; Protein 2g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mashed-sweet-potatoes



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In season:



Fall

Sweet Potato

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Sampling Display Instructions

Sweet Potato Oven Fries

Ingredients	24 Samples	32 Samples	48 Samples
Samples: Two fries per serving.			
Sweet potatoes	3 medium	4 medium	6 medium
Nonstick vegetable spray			
Olive or canola oil	1 ½ Tablespoons	2 Tablespoons	3 Tablespoons
Seasonings: ground nutmeg and cinnamon or mixture of paprika, garlic flakes, salt and cayenne pepper.	Dash of each seasoning	Dash of each seasoning	¼ teaspoon each

Directions:

1. Preheat oven to 475 degrees F.
2. Rinse potatoes thoroughly and cut into long strips, about ½ inch thick.
3. Place oil in a plastic bag or container and add potatoes. Toss to evenly coat the strips. If adding seasoning, add and toss to coat.
4. Lightly spray a baking sheet with nonstick spray and lay potato strips down in a single layer on the sheet.
5. Bake for 40 minutes turning strips halfway through.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/watch?v=Q0dg-LPqZsbY



Notes:

- Prepare Sweet Potato Oven Fries. Transport to the store in a warm slow cooker.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post the Allergy Alert sign. Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use sweet potatoes often in their meals. Ask if they could use this recipe.
- Remind them that this can be served along with burgers, sandwiches and wraps. Remind them that they are a lighter version of French fries.
- Lakota word translated by Jeshua Estes.

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Sweet Potato

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Sampling Display Instructions

Mashed Sweet Potatoes

Ingredients	24 Samples	32 Samples	48 Samples
Servings: 2 Tablespoons			
Sweet potatoes	6	8	12
Thyme, dried	1 ¼ teaspoons	1 ½ teaspoons	2 ¼ teaspoons
Salt	½ teaspoon	½ teaspoon	¾ teaspoon
Pepper	½ teaspoon	½ teaspoon	¾ teaspoon

Directions:

1. Wash and peel potatoes. Cut them into slices about ¾ inches thick.
2. Place them in a saucepan with enough water to cover potatoes. Bring the water to boil on medium heat.
3. Cook the potatoes for 20-25 minutes until they are soft. Drain the water.
4. Put the potatoes in a medium bowl and mash using a fork or potato masher.
5. Mix in the thyme, salt and pepper. Serve hot.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Prepare Mashed Sweet Potatoes. Transport to the store in a warm slow cooker.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post the Allergy Alert sign. Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use sweet potatoes often in their meals. Ask if they could use this recipe.
- Remind them that this can be served as a side dish to many meals.
- Lakota word translated by Jeshua Estes.

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