



### Sweet Potato Fries

2 large sweet potatoes, unpeeled  
1 tablespoon olive or canola oil  
1 teaspoon salt  
1/2 teaspoon thyme  
1/4 teaspoon rosemary  
Black pepper to taste  
Or use your favorite seasonings.

1. Cut sweet potatoes into strips.
2. Toss pieces with oil, herbs, pepper and 1/2 teaspoon of salt.
3. Bake at 450 degrees Fahrenheit until fork tender.
4. If desired, add remaining 1/2 teaspoon salt while hot.

Serves 4

Calories per serving: 90  
Fat: 3.5 grams

Enjoy!

For a tasty change:  
Slice onions and a variety of peppers to broil with your Sweet Potato Fries.

## Have you hugged your Sweet Potato, Valentine?

### Shopping Tips

#### When to Buy

Available year round.

#### How to Select

Firm, uniform and brightly colored skins.

Skin colors: red, purple, brown, and white

Flesh colors: white, yellow, orange, and purple

#### How to Store

Store in a cool, dry area.

### Nutrition Benefits

The sweet potato is one of the most nutritious vegetables.

Sweet potatoes are rich in dietary fiber, vitamin A, vitamin C, and vitamin B<sub>6</sub>.

Sweet potatoes are high in antioxidants compared to other vegetables. Antioxidants help reduce your risk of chronic diseases such as cancer and cardiovascular disease.

## Activity Ideas

### **VALENTINE'S DAY ACTIVITIES...**

Dance with your Sweetie...in your kitchen or living room!

Walk and whisper "Sweet Nothings." Talk about the funny things you have done or would like to do as you walk the mall or bundle up and take a crisp walk around a neighborhood!

Cook up a celebration...and celebrate you!

Daytime date? Play at the park...swing, slide, and laugh!

Volunteer together...Lift your spirits and the spirits of others!

## Conversation Starters/Comments

The sweet potato is not closely related to the common potato...even less closely related to the yam.

Sweet potatoes are native to the tropical Americas and were first cultivated there at least 5,000 years ago.

In the West Indies, the juice of red sweet potatoes is combined with lime juice to make a dye for cloth. By varying the proportions of the juices every shade from pink to purple to black can be obtained.

Colder temperatures injure the roots. They grow well in many farming conditions and have few natural enemies; pesticides are rarely needed. They can be grown in poor soils with little fertilizer.

Sweet potato facts credited to:

[http://www.newworldencyclopedia.org/entry/Sweet\\_potato](http://www.newworldencyclopedia.org/entry/Sweet_potato)

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For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Cent\$ible Nutrition Program 877-219-4646

Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769