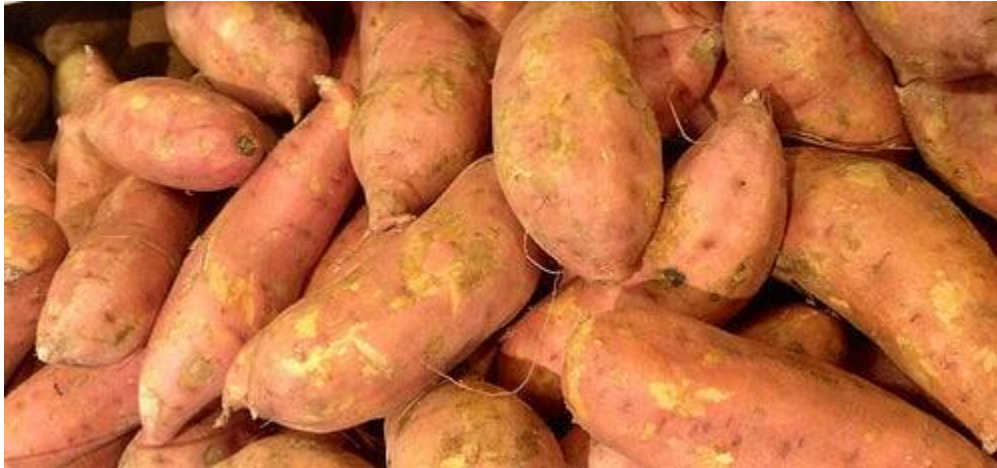


**“WHEN PROJECT”
Weekly Health Education
Program**

1 Corinthians 10:31



November is Sweet Potato Month

Sweet potatoes are underground tubers that are excellent sources of beta carotene, as well as many other vitamins, minerals, and plant compounds.

This root vegetable may have several health benefits, such as improved blood sugar regulation and vitamin A levels.

There are two main types of sweet potatoes:

Dark-Skinned, Orange-Fleshed Sweet Potatoes

Compared to golden-skinned sweet potatoes, these are softer and sweeter with darker, copper-brown skin and bright orange flesh. They tend to be fluffy and moist and are commonly found in the U.S.

Golden-Skinned, Pale-Fleshed Sweet Potatoes

This version is firmer with golden skin and light-yellow flesh. It tends to have a drier texture and is less sweet than dark-skinned sweet potatoes.

Sweet potatoes contain important vitamins like beta carotene, vitamin C, and potassium. They also contain fiber and can support a nutrient-rich diet. They can be eaten boiled, baked, steamed, or fried.

Sweet potatoes are usually orange but also found in other colors, such as white, red, pink, violet, yellow, and purple. Sweet potatoes may have a variety of benefits, including improved blood sugar regulation and reduced oxidative damage. Sweet potatoes are composed of carbs. Most of the carbs come from starch, followed by fiber. This root vegetable is also relatively low in protein but still an important protein source in many developing countries. Sweet potatoes are healthier than regular potatoes. They have a lower GI, more fiber, and beta carotene.

Are sweet potato and yams the same?

“Sweet potato” and “yam” are often used interchangeably, but these are different vegetables. Sweet potatoes tend to be easier to find and are a bit more nutritious. Yams are starchier but still tasty and nourishing.

sweet potatoes are a very distinctive-looking tuber. They are long and tapered with smooth skin that can vary in color, ranging from yellow, orange, red, brown, or purple to beige. Depending on the type, the flesh can range from white to orange to even purple.

Overall, sweet potatoes & yams are nutritious, cheap, fulfilling, and easy to incorporate into your diet.

Sweet Recipes:

How do you cook a sweet potato in the oven?

Preheat oven to 425 degrees F. Wash, scrub, and dry the potatoes thoroughly. Place on a foil lined baking sheet. Rub oil and salt all over the potatoes. Prick sweet potatoes all over with a fork. Bake until tender, about 40-60 minutes (depending on the size of your potatoes – start checking at 45 minutes.)

Oven Sweet Potato Fries

Mix 2 teaspoons each onion powder and garlic powder, 1 teaspoon each dried dill and kosher salt and 1/2 teaspoon pepper. Cut 3 sweet potatoes into 3/4-inch-thick wedges. Toss with 2 tablespoons vegetable oil and 1 1/2 tablespoons of the spice mixture. Roast at 450 degrees F until browned, about 50 minutes. Toss with the remaining spices. Serve with ranch dressing.

Sweet Potato Pie

Crust

- 3 ounces cream cheese softened.
- ½ cup butter softened
- 1 cup all-purpose flour

Filling

- 2 cups mashed sweet potatoes see notes.
- 2 tablespoons all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves

Instructions

Preheat oven to 350 degrees. Spray a 9-inch pie pan with non-stick cooking spray.

1. In a medium-sized mixing bowl, mix cream cheese and butter until combined. Add in flour and mix until the dough starts to clump together. If necessary, knead together to form a ball, and then press the dough down into the pie pan, covering the bottom and the sides of the pan.
2. Peel the sweet potatoes and cut them up into one-inch chunks. Place in a pot with boiling water just covering the potatoes and cook until fork tender. Mash the cooked sweet potatoes in a food processor to get smooth consistency.
3. In a large mixing bowl, combine mashed sweet potatoes and remaining ingredients, and stir to incorporate. Pour into pie shell and bake for 60 minutes.
4. Allow pie to cool and serve topped with whipped cream or marshmallows.
5. Substitute a frozen pie crust and save some time.