

Kid-Friendly Sweet Potato Recipes

Apple Glazed Sweet Potatoes

Ingredients

- 7 1/2 cups unsweetened 100% apple juice
- 1 1/2 tsp cinnamon
- 3/4 tsp salt
- 6 sweet potatoes (peeled & thinly sliced)

Directions

1. Combine apple juice, cinnamon, and salt in a large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Reduce heat slightly and simmer.
4. Stir occasionally for 20-25 minutes or until potatoes are tender and juice has been reduced to a glaze.
5. Taste warm.

Makes 24 taste tests

Recipe Adapted From Harvest of the Month Newsletter



Sweet Potato:
1 cup, cubed

Nutrition Facts

Serving Size 133 g

Amount Per Serving

Calories 114 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 73mg 3%

Total Carbohydrate 27g 9%

Dietary Fiber 4g 16%

Sugars 6g

Protein 2g

Vitamin A 377% • Vitamin C 5%

Calcium 4% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Sweet Potato Dip

Ingredients

- 2 cups boiled or canned sweet potatoes
- 2 Tbsp cinnamon
- 2 tsp nutmeg
- 1 cup non-fat plain yogurt
- 2 cups unsalted crackers or flat bread

Directions

1. Mix sweet potatoes and yogurt together in a mixing bowl.
2. Add spices and serve with crackers or flat bread.
3. Taste!

Makes 20 taste tests

Recipe Adapted From Harvest of the Month Newsletter



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This material is adapted from the California Department of Public Health's **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

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