

DID YOU KNOW?

DECEMBER IS SWEET POTATO MONTH

FACT #1

Sweet potatoes are commonly referred to as yams, but a sweet potato is not a yam. Sweet potatoes and yams are two separate vegetables. Sweet potatoes have a sweeter taste compared to yams and is what makes them a popular menu item on Thanksgiving.

FACT #2

Sweet potatoes can be found in a variety of colors including white, yellow, red, purple, and orange. The orange and red sweet potatoes have an orange flesh and are sweeter than the other varieties.

FACT #3

Sweet potatoes are a source of vitamin A, an important nutrient needed for healthy eyes.

you "tuber"

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

HONEY AND CINNAMON ROASTED SWEET POTATO

Makes 4 servings • 1/2 cup

INGREDIENTS:

- 1.5 LBS OF SWEET POTATOES
- 2 ½ TSP OF HONEY
- ¾ TSP OF GROUND CINNAMON
- 1 ¼ TSP OF OLIVE OIL

DIRECTIONS:

- PREHEAT OVEN TO 375 DEGREES.
- SCRUB POTATOES UNDER COLD RUNNING WATER.
- CUT THE POTATOES INTO APPROXIMATELY 1" THICK MEDALLIONS.
- IN A LARGE MIXING BOWL, TOSS THE POTATOES WITH THE HONEY, CINNAMON, AND OLIVE OIL TO COAT.
- SPREAD THE POTATOES OUT ON A SHEET TRAY.
- ROAST FOR 25-30 MINUTES.