

# Sweet Potato Batata



Try It!



## Selection

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## Uses

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### CRANBERRY SWEET POTATOES

#### Ingredients

- 1/4 cup orange juice (4 Tablespoons)
- 2 tablespoons margarine
- 2 tablespoons vegetable oil
- 2 tablespoons sugar
- 1 teaspoon salt
- 6 medium sweet potatoes (about 2 pounds, peeled and cut into 1-inch pieces)
- 1/2 cup dried cranberries

#### Instructions

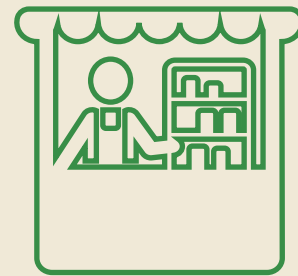
1. Preheat oven to 375 degrees F.
2. In a 9x9 baking dish, combine the orange juice, margarine, vegetable oil, sugar, cinnamon, and salt.
3. Add potatoes and cranberries.
4. Cover with foil and bake 40 minutes or until potatoes are soft.

# History & Fun Facts

Sweet potatoes originated in the tropical Americas at least 5,000 years ago. Christopher Columbus introduced sweet potatoes to Europe, and later explorers introduced them to Asia. China is now the world's largest grower of sweet potatoes.

In the U.S., sweet potatoes are commonly called yams. True yams are usually grown in Africa and Asia- they have a pinkish white center and can grow up to 6 feet long and 100 pounds.

There are 2 varieties of sweet potatoes: Pale yellow and dark orange.



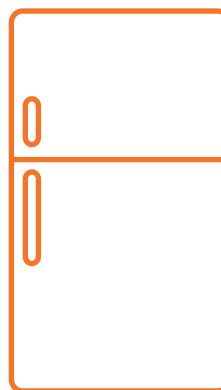
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Wash vegetables even if you are going to peel them.
- Be sure to store fruits and vegetables in separate drawers in the refrigerator.
- Fruits and vegetables store best in a clean refrigerator.
- Firm produce can be scrubbed with a produce brush.



### NUTRITION FACTS

Fat free

Excellent source of fiber

Good source of calcium

Good source of Vitamin A

Good source of Vitamin C

Good source of potassium



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Double your \$10 EBT swipe on the 1st Saturday of each month!



## Swipe & Shop



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.org](http://www.5aday.org); <https://whatscooking.fns.usda.gov>

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