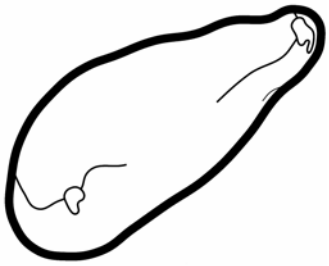
Pick a **better** snack™ (how easy is that?)

Wash. Slice.
Bake. Eat.



Sweet Potato Oven Fries and Coin Fries

Oven Fries
Cut up fresh sweet potatoes like French fries and spray with low-fat cooking spray. Place on baking sheet and bake at 375°F for 20 minutes. Sprinkle with a purchased seasoning mix and lemon juice if desired.

Coin Fries
Select thin sweet potatoes. Slice sweet potatoes into ½ inch thick circles. Spray with cooking spray and sprinkle with cinnamon. Bake the same as fries above.

Pick a **better** snack™

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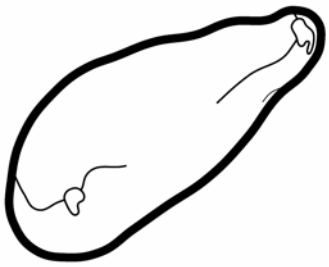

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SWEET POTATO

Wash. Cook. Eat. How easy is that?

- Cut up sweet potatoes like French fries and spray with a low-fat cooking spray. Bake at 375° for 20 minutes.
- Make sweet potato "boats" by cutting in half and cooking in microwave for 6-7 minutes. Top with marshmallows and cinnamon. Cut cheese wedges in the shape of sails and put on potato.
- Make sweet potato "coins" by slicing and coating with cinnamon. Bake the same as "French fries" above.

Buying tips: Choose firm, well-shaped, fairly smooth potatoes. Avoid potatoes with wrinkles or holes.

Special tips: Clean well by scrubbing with a brush in cold water before use.

Storing tips: Store in a cool, well-ventilated area. Do not put in the refrigerator.

Serving size: 1 medium sweet potato

Message from Iowa Nutrition Network and USDA's Food Stamp Program

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