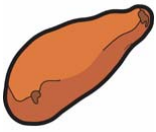


Pick a **better snack**[™] – THE COLOR WAY

SWEET POTATOES

Wash. Cook. Eat. How easy is that?



The sweet potato, a smooth-skinned, oblong tropical tuber, is not related to the white potato nor is it another name for a yam. High in vitamin A and vitamin C and a good source of vitamin B₆, potassium, and fiber, sweet potatoes are edible roots belonging to the morning glory family. There are two main types, 1) dry-fleshed which have a tan skin and light flesh; and 2) moist fleshed which have a dark, red-brown skin with deep orange flesh.

TWICE BAKED GARLIC SWEET POTATOES (MAKES 6 SERVINGS)

- 1 small whole head garlic
- Vegetable cooking spray
- 6 small unpeeled sweet potatoes (2 ¼ lbs)
- 1/3 cup low-fat sour cream
- ¼ teaspoon salt
- 1/8 teaspoon pepper

Remove outer covering from garlic; do not peel or separate cloves. Wrap garlic in aluminum foil coated with vegetable spray; place garlic and sweet potatoes on a baking sheet. Bake in 400°F oven for 1 hour and 15 minutes; let cool 10 minutes. Separate cloves and squeeze to extract 2 teaspoons pulp. Slice skin away from top of each potato; carefully scoop out pulp, leave shells intact. Mash pulp; stir in garlic pulp, sour cream, salt and pepper. Spoon into shells. Bake at 400°F for 15 minutes or until thoroughly heated.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabetersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.