



VERSATILE VEGETABLES

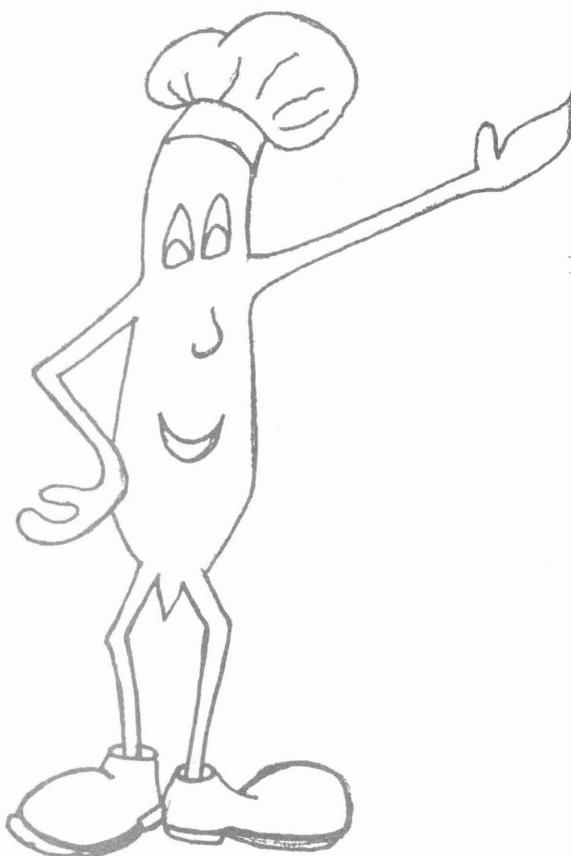
Guillermina Valdez and Dorothy Schertz*

Are sweet potatoes a favorite with you? They are delicious, economical, nutritious and easy to prepare.

Sweet potatoes are rich in VITAMIN A and VITAMIN C. They also give you GO POWER.

You can buy sweet potatoes canned, frozen or fresh. When you buy fresh sweet potatoes, be sure they are firm, smooth, clean and free of cuts and soft spots. Store fresh potatoes in a cool dry place.

Canned sweet potatoes are good also. They have been cooked and are ready-to-eat. Try canned sweet potatoes this way:



CANDIED SWEET POTATOES

2 tablespoons fat (margarine or butter)

$\frac{1}{4}$ cup brown or white sugar

2 cups canned sweet potatoes in syrup

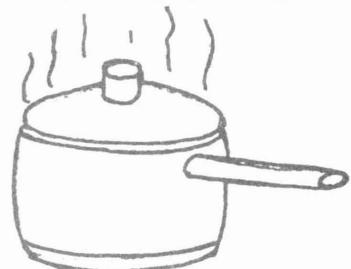
- Mix fat, sugar and syrup from sweet potatoes in a fry pan over low heat.
- Cut or slice sweet potatoes in large pieces. Put in the fry pan.
- Cook over low heat, turning often, until syrup is very thick and covers the potatoes. Add a little water during cooking, if needed, to keep from sticking. Serves 6.

Sweet potatoes are a deep yellow vegetable. Can you name some other deep yellow vegetables? _____

VEGETABLE TIPS THAT MAKE CENTS \$\$\$ ¢¢¢



1. Grow some vegetables, if at all possible. It is fun to see them growing. You can grow fresh greens nearly every season in Texas.
2. Use carrots and cabbage raw or cooked. Usually they don't cost too much.
3. When in season, eat fresh fruits and vegetables. At other times eat canned fruits and vegetables.
4. Cook vegetables with care.
 - Use small amount of water
 - Use a pan with a lid
 - Cook only until tender—NOT SOFT



Did you like the candied sweet potatoes? _____

Try the recipe at home.

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