FOR CUSTOMER USE - PLEASE TAKE ONE

Recent medical studies indicate Beta Carotene may reduce the risk of breast, lung, colon, prostate, and cervical cancer.

One of the Best Sources of Beta Carotene

Sweet Potato Ranks #1 in Nutrition

The Center for Science in the Public Interest (CSPI) is a non-profit, independent organization seeking to improve the public's health.

CSPI gave points to foods for their content of dietary fiber, naturally occurring sugars and complex carbohydrates, protein, vitamins A and C, iron and calcium. The higher the score, the more nutritious the food.

Sweet Potato, Baked	**184**	Green Peas	33
Potato, Baked	83	Carrot	30
Spinach	76	Okra	30
Kale	55	Corn on the Cob	27
Broccoli	52	Tomato	27
Winter Squash, Baked	44	Green Pepper	26
Brussels Sprouts	37	Cauliflower	25
Cabbage, Raw	34	Artichoke	24

Ways to Cook Sweet Potatoes

BAKED SWEET POTATOES

Rub a little butter or oil over clean dry sweet potatoes of similar size. Bake at 400 degrees F. until soft (30 to 50 minutes depending on size). Slice sweet potatoes down the middle and add butter.

FRIED SWEET POTATOES

Cover bottom of large skillet about 1 1/2 inches deep with cooking oil and heat to 365 degrees F. Cover bottom of skillet with strips of peeled sweet potatoes; fry 5 minutes or until brown and tender. Remove from hot oil and drain on paper. Sprinkle with salt and powdered sugar.

CANDIED SWEET POTATOES

Oil or rub butter on bottom of large skillet. Add about 1/4 cup water and cover bottom of skillet with strips of peeled sweet potatoes; coat sweet potatoes with sugar and a little cinnamon. Place lid on skillet and simmer until sweet potatoes are soft (about 30 minutes).

SWEET POTATO PIE

1/3 Cup Butter
3/4 Cup Sugar
2 Eggs, Beaten
3/4 Evaporated Milk
2 Cups Mashed Sweet Potatoes
1 tsp. Vanilla Extract
1/4 tsp. Salt
9 inch Pie Crust

Preheat oven to 375 degrees F. Mix butter and sugar together. Add eggs and stir. Add mashed sweet potatoes and mix well. Stir in milk, vanilla, and salt. Pour into pie crust and bake 40 minutes.

SWEET POTATO PUDDING

3 Cups Grated Raw Sweet Potatoes
1 Cup Milk
3/4 Cups Sugar
2 Eggs, Beaten
2 Tbl. Melted Butter
1 tsp. Cinnamon
1 tsp. Nutmeg
1/4 tsp. Salt

Grate the sweet potatoes into milk to keep them from turning dark. Add rest of ingredients in the above order. Pour into greased pan. Bake in oven at 350 degrees F for 1 hour.