

Sweet Potato



Healthy steaming of sweet potatoes will yield the maximum nutrition and flavor. Unlike boiling, the sweet potato isn't submerged in water where valuable water-soluble nutrients can be leached out.

Multiple studies have shown better absorption of the beta-carotene from sweet potatoes when fat-containing foods are consumed along with the sweet potatoes. It's ideal to add a small amount of fat (like the oil in a vinaigrette) to your sweet potato recipe *after* the sweet potatoes have been cooked. In that way, you will be able to avoid any heating of vegetable oils that might damage their heat-sensitive nutrients. Another great way to optimize beta-carotene absorption is to top the cooked sweet potatoes with chopped nuts, like walnuts.

Sweet Potato Salad

Serves 4 Prep Time: 10 minutes

Ingredients

2 cups sweet potatoes, peeled, cubed, and steamed
1 cup bell pepper, diced
¼ cup red onion, diced
4 teaspoon canola or olive oil
3 teaspoon lemon juice
Salt and pepper to taste

Directions

1. Combine sweet potatoes, bell pepper, and onion in a bowl. Set aside.
2. Combine remaining ingredients in a small bowl, then pour over salad and toss to coat.
3. Serve immediately or cover and refrigerate.