

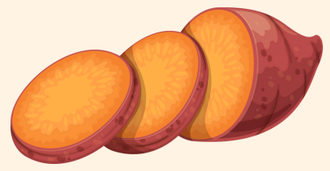
SALLY THE SWEET POTATO

AUGUST

It's August and we are very excited to introduce our new Superhero Vegetable of the month!

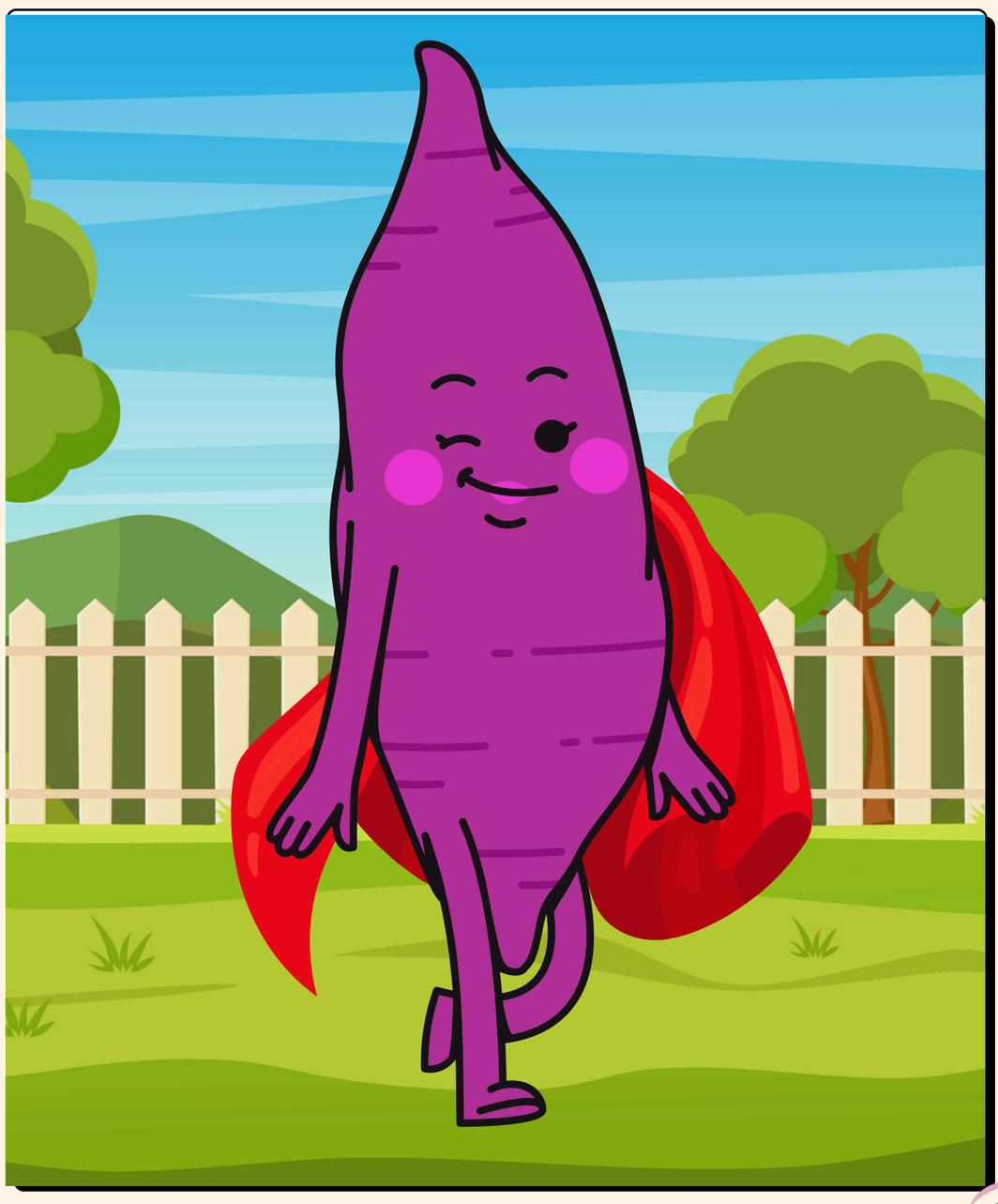
Can you guess who I am?





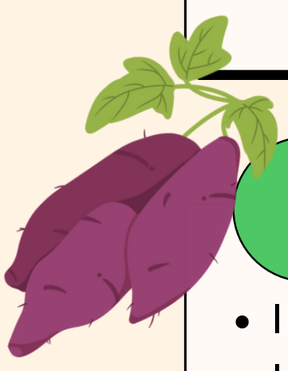
Who Am I?

- On the outside, I'm a brown-orange colour but on the inside, I'm bright orange.
- When I am raw, I am hard, but when cooked I am soft and mushy.
- I taste similar to a carrot/pumpkin and when I am roasted, I taste sweeter.



Did You Know?

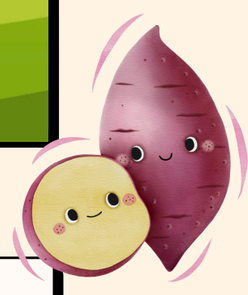
- Sweet potatoes and potatoes come from different families! We are distant cousins.
- I come in different colours such as purple, white or orange.
- If you put a small piece of me in water, I can grow roots and leaves.
- People have been eating me for over 5000 years.



Where Can You Find Me?

- I grow in many countries, such as China, USA, India and Uganda.
- I grow best in warm weather, well-drained, loose soil and I need moderate amounts of water.
- I'm available all year round but in season from August-November.
- You should store me loosely in a cool, dark, dry place.





Why You Should Eat Me?

First of all, I taste yummy but best of all I help you grow big and strong!

- I am high in **Vitamin A** which helps you see in the dark.
- I am very high in **Fibre**. This helps you digest food and keeps your tummy feeling good
- I contain **Vitamin C** which helps your immune system fight off infections.
- I am a great source of **Carbohydrates** which gives you lots of energy.

Fun Ways to Eat Me

- You can cut me into chips/wedges, sprinkle me with salt and pop me in the air fryer
- You can bake me, cut me in half and fill me with toppings like cheese
- You can turn me into mashed sweet potatoes to have with your dinner

Turn over for some cool recipes!



LOW PROTEIN RECIPES

SWEET POTATO CHIPS

(4-6 Servings)

(*80g sweet potato = free. Each 80 g thereafter =1 exchange)



Ingredients

- 900g sweet potatoes (about 3 large)*
- 3 tablespoons extra virgin olive oil
- 1 1/2 teaspoons salt
- 1-2 tablespoons smoked paprika
- 1-2 tablespoons cajun seasoning
- 1-2 tablespoons garlic powder

Method

1. Preheat the oven to 230°C.
2. Place a roasting pan in the oven to preheat.
3. Peel and cut the sweet potatoes into wedges.
4. Toss with the oil, salt, seasonings. Use your hands to mix well, so all pieces are coated with oil and seasoning.
5. Remove the preheated baking sheet from the oven. Carefully spread the sweet potatoes out in a single layer on the baking sheet.
6. Bake for 15 to 25 minutes. After the first 10 minutes, remove the baking sheet from the oven and use tongs to turn over all of the sweet potato pieces.
7. Return to the oven and bake for another 5 to 15 minutes, or until they are well browned.
8. When ready let the fries cool for 5 minutes before serving.