The sweet potato is a tuberous root vegetable belonging to the same family of plants as the morning glory.

Nutritionally, sweet potatoes are an excellent source of vitamin A and a good source of potassium, vitamin C, B6, riboflavin, copper, pantothenic acid, and folic acid.

**Picking and Preparing:**

When buying sweet potatoes, choose firm ones with no cracks or bruises. Keep sweet potatoes in a cool, dark, well-ventilated place, and handle them with care. They should keep for about two weeks. If the temperature is too warm (above 60° F) they'll sprout sooner or become woody. Once cooked, sweet potatoes can be stored for up to one week in the refrigerator. Like regular potatoes, sweet potatoes are always eaten cooked, but their sweet flavor makes them more versatile. They can be used in a wide variety of dishes, both savory and sweet, and are paired well with cinnamon, honey, lime, ginger, coconut, and nutmeg. Enjoy them in desserts, breads and muffins, puddings and custards, casseroles, stews, or croquettes.

**Sources:**