



POWER UP
With SWEET POTATO



Nutritious • Delicious • Wisconsin!



Power up with sweet potatoes at home!

Kid Approved Sweet or Savory Baked Sweet Potatoes:

- Rinse sweet potatoes under cool, running water and scrub to remove dirt. Pat dry.
- Rub skin with olive oil and sprinkle with salt and pepper.
- Bake at 375°F for 50-60 minutes or until tender when pierced with a fork.
- Cool 5 minutes before cutting open.
- Add your favorite toppings! For a sweet treat add cinnamon and brown sugar. For a savory dish add corn, cheese, and shredded chicken.

Short on time? Try microwaving your sweet potato!

Family Fun: Grow Your Own Sweet Potato Vine

Stick 3-4 toothpicks around the middle of the sweet potato. Support the toothpicks on the rim of a clear glass cup or jar with the plumper or rounded side facing up. Fill the jar with water so that the bottom of the potato is in water. Place the jar in moderate to full sunlight at room temperature. Change the water weekly and replenish what evaporates. The roots will develop on the bottom end of the potato while the stem and leaf buds develop at the top.

Make meals and memories together. It's a lesson kids will use for life.

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