



## Sweet Potato and Black Bean Soup:



### Ingredients

- 2 tablespoons vegetable oil
- 1/2 small pepper Dried New Mexican chili pepper, whole
- 1 1/4 cups Fresh onions, peeled, diced
- 1 teaspoon ground cumin
- 1 1/2 cups Fresh sweet potatoes, cubed 1/2"
- 6 cups canned low-sodium black beans, drained, rinsed
- 3/4 cup orange juice
- 1 cup Low-sodium chicken stock
- 1 tablespoon red wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 cups Fresh Swiss chard, no stems, chopped

### Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
2. Add cumin and cook for 2 minutes..
3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
4. Remove chili pepper and discard.
5. Add vinegar, salt, and pepper.
6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot.

Sweet Potato Serving: 1 medium sweet potato
Calories 105
Protein 2 grams
Fat 0
Carbohydrate 24 grams
Fiber 4 grams
Calcium 40 mg
Iron 0.8 mg
Sodium 40 mg
Vitamin A 18,443 IU

## Oven Baked Sweet Potatoes:

**Makes: 4 Servings**

### Ingredients

- 4 medium sweet potatoes
- Nonstick cooking spray
- 1 tablespoon vegetable oil
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/8 teaspoon salt
- 3 cloves garlic (chopped)

### Directions

1. Preheat oven to 375 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Cut potatoes into wedges or strips. Place in a bowl of cold water for 15 minutes.
3. Drain potatoes. Place in a large bowl and coat with vegetable oil. Season with black pepper and salt. If using cayenne and paprika, add that too. Place in a single layer on the baking sheet.
4. Bake for 20 minutes. Remove from oven, turn the potatoes over with a spatula, and sprinkle with garlic. Bake an additional 15 minutes or until browned and crisp.

### Fun Facts:

- Sweet Potatoes are an excellent source of Vitamin A
- Sweet Potatoes are generally grown from slips (sprouts grown from potatoes) not from seeds.
- China is the world's largest producer of sweet potatoes and North Carolina is the largest producer in the United States.
- There are many varieties of sweet potato but the two that are widely grown commercially are a pale sweet potatoes and the darker-skinned variety Americans sometimes call "yam" (the true yam is not related to the sweet potato and is mostly grown in Africa).

