

FUEL UP

So Sweet Potatoes

As a nutrient-packed superfood, this sweet, creamy (or crispy) and beautiful vegetable deserves a place at the table all year round.

OVEN ROASTED

Peel, dice, toss with olive oil, and bake in a 425 degree oven for 35 minutes.

QUESADILLA

Mix roasted or mashed sweet potato with black beans, salsa, chili powder, and shredded cheese for a tasty quesadilla filling.

BOWL OF GOODNESS

Create a grain or bowl with sweet potato, whole grains, beans, lentils, nuts or seeds, tofu, assorted veggies, and seasonings.

