



TIPS & TRICKS

Sweet Potato Hash

Nutrition

- Did you know the Dietary Guidelines for Americans has different subgroups for vegetables? The subgroups include dark green vegetables; red and orange vegetables; beans, peas, and lentils; starchy vegetables; and other vegetables. We should aim to eat a range of vegetables from the subgroups, so we get a range of vitamins and nutrients. This recipe uses sweet potatoes, which fit into the red and orange vegetable subgroup. Sweet potatoes are a good source of dietary fiber, high in vitamins A and C, and a good source of potassium.
- Consider serving this dish over brown rice to make it a balanced MyPlate meal. Served with low-fat milk and having fruit as a dessert would cover all of the food groups.

Cooking Tips

- When cutting sweet potatoes, it is important to have a sharp knife. A sharp knife will smoothly go through the potato and reduce the risk of it slipping. Another tip is to microwave the sweet potato for 1 to 2 minutes or until it is slightly less firm, then cutting it.
- Avoid cross-contamination by using separate cutting boards for the chicken and for the produce. If only one cutting board is available, be sure to wash it with hot, soapy water between uses.
- Sweet potatoes can sometimes carry dirt. Be sure to wash them thoroughly and scrub with a clean vegetable brush to remove any debris.

- Some people find it is easier to cut raw chicken when it is still slightly frozen. If using frozen chicken for this recipe, consider cutting the chicken when it is still slightly frozen and then letting it finish the thawing process (either in the refrigerator or in the microwave). You can use partially frozen chicken for cooking, but it will take longer to reach 165 degrees F using a food thermometer. Be sure to sanitize surfaces and utensils properly after coming in contact with raw chicken.
- Be sure to stay near the stovetop with this recipe. Frequent stirring will avoid burning and will allow foods to cook evenly.

Teaching Points

- You can use this recipe with the HCEB lesson on Food Safety. The cooking skill for the lesson is focused on safely preparing meat, poultry, and fish. Or you can use it for the HCEB lesson on Fruits and Vegetables. The cooking skill for the lesson is cooking fresh vegetables.
- Also use this recipe with HCYRB lesson, Keeping Food Safe. The cooking skill is focused on preparing meat, poultry, and fish.
- Be sure to demonstrate how to correctly use a food thermometer while preparing the recipe to show the chicken is cooked thoroughly.

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- Sweet potatoes are a common commodity food. Share this recipe with participants who receive commodities as a way to demonstrate a creative use of sweet potatoes.
- Refer participants to the NEP video, how to prepare and cut fresh sweet potatoes found here: https://www.planeatmove.com/knep_video/sweet-potatoes.



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