

From the Morning Glory: Sweet Potatoes



Sweet potatoes are the starchy tuber of a morning glory plant native to South America and are a terrific choice for fighting diabetes as well as arthritis and asthma because of its anti-inflammatory properties. They are an outstanding source of vitamin A, in the form of beta-carotene. Additionally, the colorful sweet potato is loaded with vitamin C and is a good source of potassium and dietary fiber.

When selecting sweet potatoes, look for firm ones with no bruises. Store in a cool, dry place and use within a week; do not refrigerate uncooked sweet potatoes. Enjoy this vegetable in a variety of ways, including adding cooked puréed sweet potatoes to muffins, breads and pies. View the related recipes below for more ideas.

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