

Jason's Any Time Sweet Potatoes

Recipe Type: Side Dish

Serves: 4

Prep Time: 15 minutes

Cooking Time: 15 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 T vegetable oil
- 1 small yellow onion, chopped
- ½ bell pepper, diced
- 2 cloves garlic, chopped
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large sweet potatoes, peeled and cubed into ¼ inch pieces



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Heat oil in a skillet over medium heat.
3. Put the onion, bell pepper, garlic, salt, pepper and sweet potatoes into a skillet.
4. Cook until the veggies are browned on one side.
5. Turn the veggies over with a spatula to brown the other side.
6. Serve hot and enjoy!

Nutrition Facts

Serving Size 1/2 C

Amount Per Serving

Calories 100

Calories from Fat 30

%Daily Value*

Total Fat 3.5 g **5%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 180 mg **8%**

Total Carbohydrate 16 g **5%**

Dietary Fiber 3 g **12%**

Sugars 4 g

Protein 1 g

Vitamin A 190%

Vitamin C 30%

* Percent Daily Values are based on a 2,000 calorie diet.

FK=

Find other recipes at www.snaped4me.org



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



To Apply for SNAP visit www.njsnap.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station