The North Carolina Harvest of the Month featured vegetable is sweet potatoes.

Sweet Potato Hash
Makes 6 servings. 1 cup per serving.
Cook time: 40 minutes
Ingredients:
• 1/4 cup vegetable oil
• 2 cups frozen or fresh chopped bell peppers and onions
• 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
• 1 teaspoon cumin
• 1 teaspoon salt
• 1 teaspoon red pepper flakes

Directions:
1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Nutrition information per serving:
Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.
**How Much Do I Need?**

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart at right to find out how many cups of fruits and vegetables you and your family need every day.

**Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
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<th>Kids, Ages 5–12</th>
<th>Teens and Adults, Ages 13 and up</th>
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</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½–5 cups per day</td>
<td>4½–6½ cups per day</td>
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<tr>
<td><strong>Females</strong></td>
<td>2½–5 cups per day</td>
<td>3½–5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

**How Much Sweet Potato?**

- A half cup of sweet potatoes is about one cupped handful.
- A half cup of sweet potatoes is an excellent source* of Vitamin A and Vitamin C. It is also a good source** of fiber, Vitamin B6, and potassium.

*Excellent sources provide at least 20% Daily Value.
**Good sources provide 10–19% Daily Value.

**Produce Tips**

- Look for firm, dark, and smooth sweet potatoes without wrinkles, bruises, or sprouts.
- Put sweet potatoes in a dry, cool place like a pantry or garage. If stored properly, sweet potatoes will keep for one month or longer.
- Wash sweet potatoes just before using them.

**More Sweet Potatoes a Day**

- In a large bowl, toss sweet potatoes in just enough olive oil to coat. Bake on a lightly oiled pan at 425° for 25 to 30 minutes for a batch of sweet potato fries!
- Bake chopped sweet potatoes with apples and cinnamon for a warm dessert.
- Sauté small sweet potato cubes with chopped onions and bell peppers for a delicious sweet potato hash.

For more sweet potato recipes, visit www.whatscooking.fns.usda.gov.

**Why Focus on Fruits and Vary My Veggies?**

- Fruits and vegetables are an important part of a healthy, balanced diet.
- Fruits and vegetables contain vitamins and minerals, such as Vitamin A.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.
- Eat a variety of fruits and vegetables every day to get the nutrients you need to be healthy.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!

**Nutrition Facts**

Serving Size: ½ cup baked sweet potatoes (100g)

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<thead>
<tr>
<th></th>
<th>Calories 90</th>
<th>Calories from Fat 0</th>
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<tbody>
<tr>
<td>% Daily Value</td>
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<tr>
<td>Total Fat 0g</td>
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<tr>
<td>Saturated Fat 0g</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 36mg</td>
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<td>2%</td>
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<tr>
<td>Total Carbohydrate 21g</td>
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<tr>
<td>Dietary Fiber 3g</td>
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<td>13%</td>
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<tr>
<td>Sugars 6g</td>
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<tr>
<td>Protein 2g</td>
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<tr>
<td>Vitamin A 384%</td>
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<td>Calcium 4%</td>
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<tr>
<td>Vitamin C 33%</td>
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<td>Iron 4%</td>
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**ACTIVE ADULTS:**

Looking for a new fitness routine? Exercise videos can help motivate you to be active inside. Try different videos to keep your workout fresh. Try your local library for exercise videos or search online!

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**ChooseMyPlate.gov**

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