



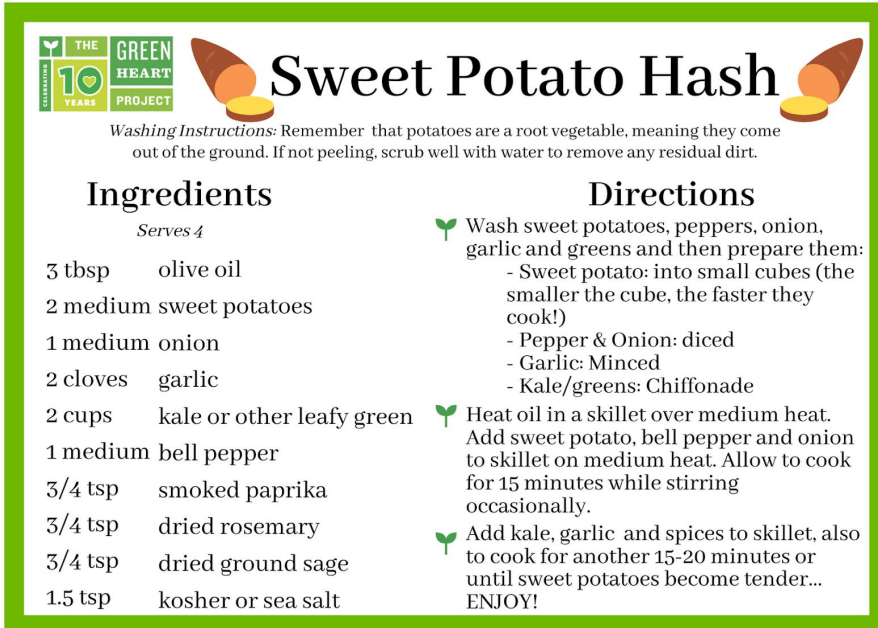
All About Sweet Potatoes

BIG IDEAS:

Today you will follow the process of bringing **SWEET POTATOES** from the garden to the table. You will **EXPLORE** how sweet potatoes grow and are harvested and then **COOK** sweet potatoes into a delicious dish!

YOU WILL NEED:

- Sweet Potato Hash ingredients
- Culinary tools:
 - Knife
 - Cutting board
 - Mixing Spoon
 - Skillet/pot with lid
 - Spatula
 - Cook Top (burner)
- Serving Utensils
 - Plate, fork



Sweet Potato Hash

Washing Instructions: Remember that potatoes are a root vegetable, meaning they come out of the ground. If not peeling, scrub well with water to remove any residual dirt.

Ingredients
Serves 4

3 tbsp	olive oil
2 medium	sweet potatoes
1 medium	onion
2 cloves	garlic
2 cups	kale or other leafy green
1 medium	bell pepper
3/4 tsp	smoked paprika
3/4 tsp	dried rosemary
3/4 tsp	dried ground sage
1.5 tsp	kosher or sea salt

Directions

- Wash sweet potatoes, peppers, onion, garlic and greens and then prepare them:
 - Sweet potato: into small cubes (the smaller the cube, the faster they cook!)
 - Pepper & Onion: diced
 - Garlic: Minced
 - Kale/greens: Chiffonade
- Heat oil in a skillet over medium heat. Add sweet potato, bell pepper and onion to skillet on medium heat. Allow to cook for 15 minutes while stirring occasionally.
- Add kale, garlic and spices to skillet, also to cook for another 15-20 minutes or until sweet potatoes become tender... ENJOY!

- Taste- Test: Sweet Potato Hash (see recipe card above)

GROW MINDS, CULTIVATE COMMUNITY



WHAT TO DO:

1. **REVIEW:** the [Green Heart Rules of Respect](#).
2. **WATCH:** the [All About Sweet Potato Video](#) to learn about the journey of sweet potatoes from planting to harvest.
3. **ANSWER:** the following **questions** in your journal, or discuss with someone:
 - **What part of the plant is a sweet potato?**
 - **Why do we cure sweet potatoes once we harvest them?**
 - **What are 2 health benefits of a sweet potato?**
4. **WATCH:** the [Cooking in the Kitchen Video](#) to review kitchen and knife safety before you start cooking!
5. **GATHER:** the ingredients and culinary materials that you will need for this lesson.
6. **COOK:** the garden-fresh [Sweet Potato Hash](#) following the recipe.
7. **TASTE-TEST:** Try your Sweet Potato Hash in 3..2..1.. Taste test! Now give it a Green Heart rating. **WATCH:** [How to Do a Green Heart Taste- Test](#).
8. **CLEAN-UP:** Respect your work space by putting your supplies back and cleaning up your space!

Sweet Potato Hash

Washing Instructions: Remember that potatoes are a root vegetable, meaning they come out of the ground. If not peeling, scrub well with water to remove any residual dirt.

Ingredients	Directions
<i>Serves 4</i>	
3 tbsp olive oil	Wash sweet potatoes, peppers, onion, garlic and greens and then prepare them:
2 medium sweet potatoes	- Sweet potato: into small cubes (the smaller the cube, the faster they cook!)
1 medium onion	- Pepper & Onion: diced
2 cloves garlic	- Garlic: Minced
2 cups kale or other leafy green	- Kale/greens: Chiffonade
1 medium bell pepper	Heat oil in a skillet over medium heat. Add sweet potato, bell pepper and onion to skillet on medium heat. Allow to cook for 15 minutes while stirring occasionally.
3/4 tsp smoked paprika	Add kale, garlic and spices to skillet, also to cook for another 15-20 minutes or until sweet potatoes become tender...
3/4 tsp dried rosemary	ENJOY!
3/4 tsp dried ground sage	
1.5 tsp kosher or sea salt	

For Educator Notes and to “dig deeper,” see [here](#).