

# How to Slice a Sweet Potato

There are several ways to cut sweet potatoes and countless ways to use them. Although we used peeled sweet potatoes, you can leave the skin on any cooked sweet potato.

<p><b>Shredded</b></p> <ul style="list-style-type: none"> <li>• Toss in salads.</li> <li>• Add to meatloaf, hamburgers, or casseroles.</li> <li>• Use in muffins, quick breads, or potato pancakes.</li> </ul> 	<p><b>Cubes</b></p> <ul style="list-style-type: none"> <li>• Add to soups and stews.</li> <li>• Drizzle with olive oil, sprinkle with seasoning (such as cumin or fresh rosemary), and bake.</li> <li>• Make a sweet potato salad.</li> <li>• Add to a roast.</li> </ul> 
<p><b>Diced</b></p> <ul style="list-style-type: none"> <li>• Add to casseroles, soups, or chili.</li> <li>• Use in a bean burrito or vegetable wrap.</li> <li>• Add to couscous or risotto. (Precook the sweet potatoes, if necessary.)</li> </ul> 	<p><b>Coins</b></p> <ul style="list-style-type: none"> <li>• Toss with olive oil, sprinkle with seasoning, and grill until fork-tender, turning halfway through.</li> <li>• Add to a roast.</li> <li>• Spray with nonstick cooking spray, sprinkle with cinnamon and sugar, and bake until soft.</li> </ul> 
<p><b>Mashed</b></p> <ul style="list-style-type: none"> <li>• Use in baked goods, such as muffins, cakes, and cookies.</li> <li>• Make sweet potato dumplings.</li> <li>• Use in a ravioli stuffing.</li> <li>• Flavor with a bit of olive oil and nutmeg.</li> </ul> 	<p><b>Slab</b></p> <ul style="list-style-type: none"> <li>• Spray with nonstick cooking spray or toss lightly with olive oil and cook on a countertop grill or an outdoor grill, turning halfway through.</li> </ul> 
<p><b>Sticks</b></p> <ul style="list-style-type: none"> <li>• Try them raw with a low-fat sour cream dip.</li> <li>• Store raw sticks in water if you don't plan to eat them right away.</li> <li>• Make your own sweet potato fries.</li> <li>• Cut thin sticks for a sautéed vegetable dish.</li> </ul> 	<p><b>Crinkle-cut round</b></p> <ul style="list-style-type: none"> <li>• Serve on a relish tray with a low-fat salad dressing dip.</li> <li>• Make your own sweet potato crinkle-cut fries.</li> <li>• Add to vegetable soup.</li> <li>• Steam them for a side dish.</li> </ul> 



When buying, pass up sweet potatoes with soft or sunken spots or sprouts, says Jason Tucker of The Sweet Potato Council of California.



Store potatoes in a cool (55°–60°F), dark place. “Refrigerated sweet potatoes will develop an off-taste, a hard center, and won’t be as sweet,” says Sue Johnson-Langdon, executive director of the North Carolina Sweet Potato Commission.

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