### Nutrition Facts

**Serving Size:** 1 Medium (114g/4oz)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>40mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>8%</td>
<td>8%</td>
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<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>15%</td>
<td>15%</td>
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<tr>
<td>Sugar</td>
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<tr>
<td>Protein</td>
<td>2g</td>
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<td>2%</td>
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</tbody>
</table>

**Vitamin A%**
- Vitamin A: 440%
- Vitamin C: 35%
- Calcium: 4%
- Iron: 4%

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www.onieproject.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.
**Recipe: Chili Lime Roasted Sweet Potatoes**

**Ingredients:**
- Non-stick cooking spray
- 1 small onion, diced
- 1 ½ lbs sweet potatoes, diced
- 1 tsp chili powder
- 2 tsp pepper
- 1 lime, juiced
- 1 ½ Tbsp honey
- 1 Tbsp olive oil
- 2 fresh jalapeños, diced
- ¼ cup fresh cilantro, chopped

**Preparation:**
2. Mix lime juice, honey & oil in small bowl. Add onion & jalapeños & stir into mixture.
3. Remove potatoes from oven & drizzle mixture on top. Toss to coat. Bake another 10 mins or until potatoes are tender.
4. Remove from oven. Top with cilantro & serve.

**Oklahoma Season**
August - October

**Tips for Picking**
- Look for small to medium potatoes
- Skin should be smooth and firm
- Avoid cut and bruised potatoes
- Keep in cool, dry place for up to two weeks

**Recipe: Autumn Pasta**

**Ingredients:**
- 8 oz whole-wheat angel hair pasta
- 2 Tbsp olive oil, divided
- 1 large bell pepper, thinly sliced
- 1 large sweet potato, peeled, grated
- 1 Tbsp garlic powder
- 1 medium tomato, diced
- ½ cup water
- 2 tsp dried parsley
- 1 tsp dried tarragon
- 1 Tbsp lemon juice
- ⅛ cup shredded parmesan cheese

**Preparation:**
1. Cook pasta according to package directions.
2. Meanwhile, in a large skillet, heat 1 Tbsp oil & bell pepper over medium-high. Saute until peppers are tender. Add sweet potato, garlic powder, tomatoes & water. Cook 5-7 mins, stirring occasionally. Remove from heat. Cover & keep warm.
3. Drain Pasta, keeping ½ cup of pasta water & set aside. Return pasta to pot. Add vegetable mixture, remaining oil, parsley, tarragon, lemon juice & cheese. Mix well.
4. If needed, add pasta water gradually to reach ideal consistency.

**How to Store**
- Keep in cool, dry place for up to two weeks
- Do not refrigerate

**Ways to Enjoy!**
- Roasted
- Sautéed
- Baked
- Grated
- Mashed
- Boiled