



Sweet Potato

The moist-fleshed, orange-colored root vegetable that is often thought of as a "yam" in the United States is actually a **sweet potato**. In the mid-20th century, the sweet potato was introduced to the United States and given the name "yam" to distinguish it from other sweet potatoes.

Sweet potatoes are native to Central America and are one of the oldest vegetables known to man. Christopher Columbus brought sweet potatoes to Europe after his first voyage to the New World in 1492.

The sweet potato is an excellent source of Vitamin A, which keep the eyes healthy, and Vitamin C, which supports a healthy immune system. Not only should this vegetable be enjoyed during holidays but throughout the entire year to reap the nutritional benefits.

Did you Know? It's important to add some fat to your meal if it contains sweet potatoes so your body can absorb the vitamins. Make sure it's a healthy fat such as olive or vegetable oil.

