

## Sweet Potatoes: Pick Of The Season

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(NAPSA)—Delicious, fresh sweet potatoes are available all year long, so there's no need to wait for Thanksgiving to enjoy these nutritious vegetables.

To promote the nutritional benefits of fresh produce this fall, Weight Watchers® continues Pick of the Season, a public health initiative spotlighting seasonal fruits and vegetables, with recipes this quarter for sweet potatoes, a produce selection that can sweeten up any meal—from appetizers to entrées to desserts.

Not just great tasting and beautiful looking, with that gorgeous orange color, a medium sweet potato contains virtually no fat and minimal sodium; it also provides one and a half times the recommended daily allowance of vitamin A and more than one-quarter of the daily requirements of vitamin C. Sweet potatoes, which are actually a root vegetable and not a tuber like the potato, are a tasty source of beta-carotene, vitamin B6, potassium and fiber.

There are so many ways to enjoy sweet potatoes in your favorite recipes, such as Curried Sweet Potato Wedges, Slow-Cooker Chicken and Sweet Potato Soup. Weight Watchers recipes reflect the food values inherent in the Weight Watchers philosophy—that eating should be satisfying as well as healthy. To learn more, visit [www.weightwatchers.com](http://www.weightwatchers.com) or call (800) 651-6000.



**Sweet potatoes—they're not just for Thanksgiving anymore.**

### Curried Sweet Potato Wedges (Makes 6 servings)

**2 pounds sweet potatoes, scrubbed**  
**1 tablespoon canola oil**  
**2 teaspoons curry powder**  
**½ teaspoon salt**  
**Pinch cayenne**

**1. Preheat the oven to 450°F. Halve the sweet potatoes and cut each piece lengthwise into quarters. Toss with the oil, curry powder, salt and cayenne in a large bowl.**

**2. Arrange the sweet potatoes in a single layer on a large nonstick baking sheet. Bake, turning once, until browned and crisp, 35-40 minutes.**

**Points® value per serving: 3,  
 169 calories, 3g fat, 5g fiber  
 Core Plan® recipe**