

# Can You Dig It?

You can find **sweet potatoes** in colors as diverse as the leaves right now, with burgundy skins, flame-orange centers, or eggplant-purple interiors and exteriors. Each has unique qualities to match, such as earthy flavor or creamy texture. Always go for medium-size ones that feel firm in your hand, and store them in a cool, dry place for up to a month.

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## HOT POTATOES

Hover your phone's camera here to get our favorite recipes for Thanksgiving sides with spuds.



### 1 | PURPLE

A high concentration of anthocyanins (antioxidants that fight inflammation) gives these dark beauties their inky color. They have a rich, buttery taste, so try them in your favorite mashed-potato recipe to add some intrigue to the side spread.

### 2 | GARNET, JEWEL, AND BEAUREGARD

The orange-fleshed varieties you usually see piled up at the store are also the most versatile. Enjoy them interchangeably in marshmallow-topped casseroles; roasted with olive oil, salt, and pepper; or sliced into wedges for oven fries.

### 3 | WHITE

The mildest of this bunch (but far from bland), they have a firm bite similar to that of russets. Swap them in when you want to branch out from your usual spud game: We love them boiled and tossed in potato salad, or roasted on steak night.

### 4 | JAPANESE

Their dense texture and intense sweetness make these extra-delicious when baked: Roasting them brings out their subtle nuttiness, and a bit of butter or sour cream softens them up. (Unlike their purple peers, they're—surprise!—pale yellow inside.)