Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, such as a pantry or garage.

Toss sliced Fuyu persimmons into salads or add to stir-fry recipes.

Both persimmons and sweet potatoes contain Vitamin A. This vitamin can help fight infection, keep your skin healthy, and your vision good.

Craving something sweet? Try swapping out calorie-packed holiday treats in favor of these tasty fruit-based options. Not only will they satisfy a sweet tooth, they are filled with good-for-you nutrients.

- Give baked apples a try for a light, but sweet dessert. Good varieties for baking include Golden Delicious, Granny Smith, or Rome; they hold shape and taste great with a fresh cherry and almond topping. Cherries provide antioxidant protection and almonds will give you a dose of healthy fat.

- Pair strawberries with a creamy Greek yogurt for a tasty dip that provides both protein and essential Vitamin C. Strawberries are an especially low calorie fruit as well.

- Pears make an excellent dessert when heated. Try poaching (gently simmering) pears in orange or apple juice. The pears retain their shape and will be very flavorful. Plus, the edible skin is a great source of fiber.