



Market Basket

Basket of the month

January

The Market Basket of the Month featured vegetable is

SWEET POTATOES



Simple Serving Tips

Mashed Sweet Potatoes: Peel and cube sweet potatoes. Boil in water until tender. Mash cooked sweet potatoes with enough oil to create a creamy texture. Season with salt, pepper, and your choice of cinnamon or chili powder.

Salad Topping: Cube peeled and diced raw sweet potatoes with diced apples, diced celery, pineapple tidbits, and cashews. Serve over a salad of greens.

Produce Tips

- Choose firm sweet potatoes with smooth skin.
- Avoid sweet potatoes with sprouts or bruised, soft, or moldy spots. One rotten spot can make the whole potato taste bad.
- Store potatoes in a plastic bag with holes, or a burlap bag. Do not refrigerate.

Healthy Eating Tip:

Bump up your fiber! Eating food high in fiber helps you feel fuller longer and can improve heart health. Fresh fruits and vegetables, whole grains, and legumes (beans and peas) are good sources of fiber.

Sweet Potato Burritos

Makes 4 servings (1 burrito each)

Ingredients

- sweet potatoes peeled and cubed about 1 1/2 cups
- 1/2 C. salsa
- 1 T oil canola olive or vegetable
- 1 onion diced about 1/2 cup
- 1 can 15 ounces black beans drained and rinsed
- 1 1/2 inch whole wheat tortillas
- 1/2 C. shredded cheese cheddar Colby pepper jack

Directions:

- Put sweet potatoes in a medium sized saucepan. Cover with water and cover with a lid. Heat over high until boiling. Reduce heat to low. Simmer for 10 minutes or until sweet potatoes are tender.
- Drain water from sweet potatoes and place in a medium bowl. Add salsa and mash sweet potatoes with a fork.
- Add oil to the saucepan and heat over medium. Add diced onion and sauté for 3 minutes. Add black beans and heat for 3 minutes more.
- Stir sweet potatoes into the beans and onion until combined.
- Spread 1/2 C sweet potato mixture onto each tortilla. Top with 2 tablespoons shredded cheese and any optional ingredients desired. Serve immediately.

Tip: Try adding other ingredients such as chopped vegetables (avocado, corn, onion, peppers), low-fat sour cream, and/or sliced or shredded cooked meat (beef steak, chicken breast, pork chop).

Source: spendsmart.extension.iastate.edu

Nutrition Facts

Serving Size: 1/2 cup baked sweet potatoes (100g)	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 36mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 2g	
Vitamin A 384%	Calcium 4%
Vitamin C 33%	Iron 4%

Let's Move!

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HIURPRPH

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HHUFLVHHGHUVRUULHUV

VHRVHRGLHPVRRUNR
:HURHVGFHGJRRGVPNH
JUHGHLJV

NHHPRVIRVFUHHLPH:LH
FLJRFGRMPSLJMFNV
VTVRUNLSFH

GGSVLFFLLRIPLLP
RRRRSVRSVFRFMPSLJMFNV
RWVLJPPHVGMPSURSHVFNHHS
HHURHPRLJ

RVHRUNGUGRUNFR LVL
SVRH-VJIRUV
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Just the Facts

Based on United States Department of Agriculture data, Americans are eating more sweet potatoes from 4.2 pounds per person in 2000 to 5.5 pounds in 2016. American farmers have been busy planting sweet potatoes! Last year's total reached 14,000 acres, with 144 acres in Pennsylvania. To start a crop, farmers plant rooted pieces of a sweet potato vine, called slips.

Source: Penn State Extension

Market Basket of the Month is a WellSpan Community Health and Engagement initiative. To view a listing of monthly family newsletters, go to: www.wellspan.org/marketbasket.

