



Market Basket

Basket of the month

January

The Market Basket of the Month featured vegetable is

SWEET POTATOES



Simple Serving Tips

Sweet Potato Fries: Cut sweet potatoes into strips. Dip strips into egg substitute or a beaten egg. Bake on a lightly oiled pan at 425oF for 25 to 30 minutes.

Seasoned Mashed Sweet Potatoes: Peel and cube 2 lbs. (about 4 small to medium) sweet potatoes; boil in water until tender; drain and mash. Stir in 1 T. butter, ½ tsp. thyme (dried), ¼ tsp. salt, and ¼ tsp. pepper.

Sweet Potato Dip: Combine 2 C. mashed boiled or canned sweet potatoes and 1 C. non-fat plain yogurt. Stir in 2 T. cinnamon and 2 tsp. nutmeg. Serve with whole wheat crackers or cinnamon pita chips.

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.

Twice-baked Maple Pecan Sweet Potatoes

Makes 8 servings (½ potato)

Ingredients

- 4 sweet potatoes
- ½ c. Greek yogurt, plain
- 2 Tbsp. maple syrup
- ½ Tbsp. pumpkin pie spice

Topping:

- ½ c. pecans, chopped
- 2 Tbsp. butter/margarine
- 2 Tbsp. brown sugar

Directions:

1. Preheat oven to 400 F. Pierce potatoes with fork and place in large baking pan. Bake for 20 to 35 minutes or until soft. Time will depend on size of sweet potatoes.
2. Caution, potatoes will be hot. Use a hot pad if necessary. Cut each potato lengthwise and scoop out flesh. Be careful not to tear potato skin. Place potato skins back in baking pan.
3. Mash flesh to smooth consistency. Combine the flesh, yogurt, syrup and pumpkin pie spice in a bowl. Mix well. Evenly distribute filling back into each potato skin.
4. In a small bowl combine pecans, butter and brown sugar. Use a fork to crumble the mixture together. Evenly distribute the topping onto each potato.
5. Bake potatoes at 400 F for 12 to 15 minutes. Serve with more syrup if desired.

Source: www.ndsu.edu

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.

Nutrition Facts

Serving Size: ½ 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

- Despite many "old wives' tales," cold weather is not harmful. In fact, playing in cool, moist air and sunshine is a healthy break from indoor air.
- If you play outside after a snowfall, bundle up! Wear loose-fitting, lightweight, warm clothing in several layers. Snow pants or nylon wind-breaker type pants can be used as an outer layer. Mittens keep fingers warmer than gloves.
- Avoid sledding injuries by choosing a sled that has handles for steering. Always sit or lay on your back on the sled with your feet pointing downhill.

Just the Facts

- Sweet potatoes come in many different colors like orange, white, yellow, red and purple. The taste, texture, flavor, and nutritional content differs among the varieties. Orange sweet potatoes are the sweetest of them all.
- Sweet potatoes are actually flowers! They are actually part of the same genus as the morning glory flower, and the flower that blooms from the sweet potato plant looks much like a morning glory.

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.

