



Market Basket of the month

January

The Market Basket of the Month featured vegetable is

SWEET POTATOES



Simple Serving Tips

Bake or microwave sweet potatoes. Cut a slice in the potatoes from end to end and squeeze open. Top with the ingredients below. Enjoy!

Taco Stuffed Sweet Potatoes: Follow directions on taco seasoning packet to make taco filling with lean ground beef or turkey. Scoop filling into potatoes and top with salsa and shredded cheese.

BBQ Stuffed Sweet Potatoes: Warm store bought or home made chicken or pork barbecue and scoop into potatoes. If you choose, top with chopped red onions, shredded cheddar cheese, and/or cilantro.

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.

Sweet Potato Mini Muffins

Make 12 muffins

Ingredients

- 4 tablespoon margarine or butter
- 1/2 cup sugar
- 2/3 cup cooked mashed sweet potatoes
- 1 egg
- 3/4 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 cup skim milk
- 1/4 cup chopped pecans
- 1/4 cup chopped raisins

Instructions:

1. Pre-heat your oven to 400°F.
2. In medium bowl, cream margarine and sugar together using a mixer.
3. Add egg and cooked sweet potatoes; mix well.
4. In the large bowl, stir flour with baking powder, salt, and spices.
5. Alternate adding milk and the potato mixture to the large bowl with your dry ingredients. Fold in nuts and raisins.
6. Spoon into greased 1 1/2 inch mini muffin tins, filling each 2/3 full. Bake at 400°F for 10 minutes or until golden brown.
7. Let cool for about 5 minutes before serving.

Source: Texas A&M Extension

Nutrition Facts: 1 serving = Calories 150, Total Fat 6g, Sat. Fat 1g, Cholest. 15mg, Sodium 210g, Total Carb. 22g, Total Sugars 12g (Incl. 8g Added Sugars)

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

- Everyone needs physical activity to feel good and stay healthy. One way to do this is for families to get active together!
- **Wall Push-Up Contest:** Have a pushup contest with a family member or friend to see who can do the most push-ups in 1 minute. Stand facing a wall. Place your hands on the wall at shoulder level. Lean forward and back in a pushup motion.
- **What's Your Move?:** Check out the Health.gov/MoveYourWay website for tools, videos, and fact sheets with ideas for making it easier for everyone in the family to get a little more active.

Just the Facts

- Sweet potatoes are a part of the plant's root system.
- North Carolina's official vegetable is the sweet potato.
- Sweet potatoes are an excellent source of vitamin A, are high in fiber, and taste delicious!

Healthy Eating Tip:

Help kids and teens learn to make healthy choices. Talk about healthy options in restaurants – practice identifying healthier menu choices like whole grains and lean meats when you go out to eat together.

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.

