



November 2018

Fall Harvest Season and Thanksgiving is here!

One of the most popular foods of the fall season is also a Superfood!

SWEET POTATOES

A tasty and healthy addition to your fall table!

Breakfast can include sweet potatoes, too! Try using them instead of white potatoes to make sweet potato hash!

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THIS MONTH'S SUPERFOOD IS

Sweet Potato

GREAT SOURCE OF VITAMIN C

EXCELLENT SOURCE OF BETA-CAROTENE

Sweet potatoes are nutrient powerhouses with vitamin C, fiber, potassium, vitamin E, iron, magnesium and phytochemicals like beta carotene and lutein.

The infographic features a dark brown background with white and orange text. At the top, it says 'THIS MONTH'S SUPERFOOD IS' in a small, sans-serif font. Below that, 'Sweet Potato' is written in a large, white, cursive font. To the left, 'GREAT SOURCE OF VITAMIN C' is written in a white, sans-serif font with a sunburst icon. To the right, 'EXCELLENT SOURCE OF BETA-CAROTENE' is written in a white, sans-serif font with a sunburst icon and an arrow pointing to a sweet potato. In the center, there are several sweet potatoes, some whole and some sliced. At the bottom, a green banner with a white border contains the text: 'Sweet potatoes are nutrient powerhouses with vitamin C, fiber, potassium, vitamin E, iron, magnesium and phytochemicals like beta carotene and lutein.'



Our Food & Nutrition Focus is Sweet Potato :

eat.

Garlic Parmesan Sweet Potatoes

1 lb Sweet Potatoes
3 Tbsp Olive Oil
2 Tbsp Fresh Parsley, Chopped
1/4 cup Garlic Cloves, Chopped
1/4 tsp Salt
2 Tbsp Parmesan Cheese, Shredded

2 sprays Cooking Spray
1/2 tsp Ground Black Pepper

1. Wash, dry and cut the sweet potatoes into 1 inch thick discs (depending on the size of the potato- if large, cut into 1/2 inch thick). Place into a perforated pan and steam for 15-20 minutes or until slightly fork tender. Remove from the steamer and set aside.
2. In a bowl, mix together the oil and the rest of the ingredients to make a paste. Set aside.
3. Spray a sheet tray or baking pan with the oil. Lay the potato discs evenly across the sheet. Spoon or brush the top with the oil mixture. Top with freshly cracked pepper.
4. Place into a 350F oven and bake for 10-20 minutes or until they've reached the desired degree of doneness (cheese should be melted and slightly browned). Remove from the oven and serve.

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Although the names are sometimes used interchangeably, sweet potatoes and yams are not the same food and contain different nutrients.

One sweet potato provides a whole day's supply of vitamin A.

Beyond beta carotene we expect from a bright orange vegetable, sweet potatoes also provide vitamin C, calcium, iron and fiber.

live.

To maximize nutrients, choose sweet potatoes that are dark orange.

When shopping, look for firm sweet potatoes with smooth skin that is free of cracks and soft spots.

Find sweet potatoes at the entrée station, grill, salad bar, soup station, grab and go and even in desserts.