

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Sweet Potatoes



What is one of the most nutritious vegetables?

### SWEET POTATO!

- ◆ Choose firm, dark, smooth sweet potatoes without wrinkles, bruises, sprouts, or decay. A decayed spot may have already caused the whole potato to take on an unpleasant flavor, even if it is cut away.
- ◆ Sweet potatoes spoil rapidly. To keep them fresh, keep them in a dry, cool (55-60°) place such as a cellar, pantry, or garage.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

- Sweet potatoes are an excellent source Vitamin A & C and a good source of calcium, iron & fiber.
- They contain no fat or cholesterol and little sodium.
- A typical serving size is a 1/2 cup of baked sweet potato, which contains about 90 calories.

### Did you know?

- ◆ Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures.

## Count it out!

Keep track of the fruits and veggies that you eat each day by coloring in a different piece of triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 7

Day 2





# Try these delicious, nutritious and healthy recipes!

## Sweet Potato Pancakes

### INGREDIENTS

- ◆ 3 cups peeled and finely shredded sweet potatoes
- ◆ 1/2 cup finely chopped onions
- ◆ 1 tsp salt-free herb seasoning
- ◆ 3/4 cup unbleached flour
- ◆ 1/4 cup chopped fresh flat-leaf parsley
- ◆ 1 cup finely shredded zucchini
- ◆ 2T lemon juice
- ◆ 3/4 cups egg substitute
- ◆ 3 tsp canola oil, divided

### DIRECTIONS

1. In a large bowl, mix the sweet potatoes, zucchini, onions, lemon juice, herb blend, egg, flour, and parsley.
2. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp of the oil. Drop a large Tbsp of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes.
3. Cook for about 2 minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining oil as needed, until all the batter has been used.

## Sweet Potato Minestrone

### INGREDIENTS

- ◆ 1 tablespoon vegetable oil
- ◆ 1 large onion, chopped
- ◆ 2 large stalks celery, chopped
- ◆ 2 1/2 teaspoons Italian seasoning
- ◆ salt and pepper to taste
- ◆ 1 (28 ounce) can Italian-style diced tomatoes
- ◆ 5 cups vegetable broth
- ◆ 2 large sweet potatoes, peeled and diced
- ◆ 2 large carrots, sliced thin
- ◆ 6 ounces green beans, cut into 1 inch pieces
- ◆ 5 cloves garlic, minced

### DIRECTIONS

1. Heat oil in a soup pot over medium-high heat. Sauté onion, celery, Italian seasoning, salt and pepper until tender, about 5 minutes.
2. Stir in tomatoes, with the juice, broth, sweet potatoes, carrots, green beans and garlic. Bring to a boil; reduce heat to low and simmer, stirring occasionally, until vegetables are tender, about 30 minutes.

Source for recipes: [www.allrecipes.com](http://www.allrecipes.com), [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**