

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

- 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





Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268
860.429.3325 www.ehhd.org

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, 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!