



# Market Basket of the month

The **Market Basket of the Month** featured vegetable is

## SWEET POTATOES



### Simple Serving Tips

- **Creamy Sweet Potato Dip:** Bake 1 large sweet potato. Mash and measure  $\frac{2}{3}$  cup sweet potato into a bowl. Add 2 T. plain Greek-style low-fat yogurt,  $\frac{1}{2}$  t. honey,  $\frac{1}{4}$  t. chili powder, and  $\frac{1}{4}$  t. salt; stir with fork until smooth. Serve with low-fat pita chips. (Makes: 2 servings)
- **Sweet Potato Chips:** Peel and thinly slice 1 lb. sweet potatoes. Spray a baking sheet with cooking spray. Place slices in a single layer on the sheet and sprinkle with 2 T. cinnamon sugar. Bake at 400 degrees for 10 minutes. Flip and bake another 10 minutes. Check on them often to prevent burning. Serve warm.

### Produce Tips

- Choose firm sweet potatoes with smooth skin.
- Avoid sweet potatoes with sprouts or bruised, soft, or moldy spots. One rotten spot can ruin the whole potato's flavor.
- Store potatoes in a plastic bag with holes or a burlap bag. Do not refrigerate.

## January

### Simple Sweet Potato Muffins

Makes 12 servings

#### Ingredients:

- 1  $\frac{1}{2}$  C. whole wheat flour
  - 1  $\frac{1}{2}$  t. baking powder
  - $\frac{3}{4}$  t. baking soda
  - $\frac{1}{4}$  t. salt
  - 1  $\frac{1}{2}$  t. cinnamon
  - $\frac{3}{4}$  ground ginger
  - $\frac{1}{8}$  t. nutmeg
  - $\frac{3}{4}$  C. egg substitute
  - 1 C. mashed sweet potato
  - $\frac{3}{4}$  C. sugar-free maple syrup
1. Preheat oven to 350 degrees.
  2. Mix dry ingredients (first 7 items)
  3. Mix remaining wet ingredients.
  4. Add wet to dry ingredients and stir until just mixed.
  5. Pour batter into lined or greased muffin tins.
  6. Bake for 15-20 minutes until toothpick comes out clean.

Adapted from recipe found at:  
[www.Food.com](http://www.Food.com)

#### For locally grown sweet potatoes, visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Market & Penn Farmer's Market

#### Nutrition Facts

Serving Size: $\frac{1}{2}$ 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!

- **Activity Flash Cards:** Write fun physical activities on notecards (one activity per card). Each day have your child pick as many cards as they want and do the physical activity listed. (For example, 10 sit ups).
- **Indoor Obstacle Course:** Build an obstacle course using pillows as hurdles, chairs with blankets to make tunnels, and fun stations such as jump rope or hula hoops as part of the obstacle. For more ideas go to: <http://parentingsquad.com/baby-its-cold-outside-how-to-keep-active-indoors>.

### Just the Facts

- Sweet potatoes are the official vegetable of North Carolina.
- George Washington Carver, a famous scientist, developed 118 products from sweet potatoes including glue for postage stamps.
- To take in the same amount of vitamin A that is in one sweet potato, you would have to eat 23 cups of broccoli.

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view a listing of monthly family newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket).