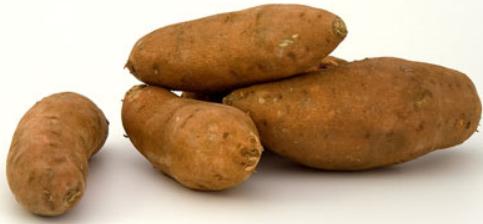




Market Basket of the month

The Market Basket of the Month featured vegetable is

SWEET POTATOES



Simple Serving Tips

Quick Baked Sweet Potato: Rinse a sweet potato and poke several times with a fork. Place potato in microwave, cover with a damp paper towel and cook for 5-10 minutes or until soft. Serve with your choice of toppings: maple syrup, mango salsa, or cinnamon and butter.

BBQ Sweet Potato Steak Fries: Pre-heat oven to 425 degrees. Cut peeled sweet potato into 6 slices. In a bowl toss slices with 1 tsp. oil, 2 tsp. chili powder, and 1 tsp. paprika. Place potato slices on baking sheet lightly coated with cooking spray. Bake for 45 minutes or until soft/tender.

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.

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.

January

Sweet Potato Hash with Egg

4 servings

Ingredients

- 2 large sweet potatoes, cubed (about 4 cups)
 - 1 cup water
 - 1 teaspoon vegetable oil
 - 1 teaspoon vegetable oil (for cooking eggs)
 - 1 small yellow onion, diced
 - 1 bell pepper, diced
 - 2 cloves garlic, minced
 - 4 large eggs
- Place water and sweet potatoes into skillet; bring to a boil.
 - Once boiling, reduce to low heat, cook for 20 minutes occasionally stirring until water is gone.
 - Add oil, onion, bell pepper, and garlic to the skillet. Cook for 20 minutes until potatoes are soft and onions are lightly browned.
 - Equally separate the mixture between 4 plates.
 - Heat skillet to medium-high heat. Once skillet is hot, add 1 teaspoon oil.
 - Cook eggs (scrambled or fried) for 3-5 minutes.
 - Divide cooked eggs into servings and add to hash on serving plates.

Source: Adapted from ChooseMyPlate.gov

Nutrition Facts

Serving Size: 1/2 cup baked sweet potatoes (100g)	Calories 90	Calories from Fat 0
Total Fat 0g	0g	% Daily Value
Saturated Fat 0g	0g	
Trans Fat 0g	0g	
Cholesterol 0mg	0mg	
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!

Bundle up in the winter and go outside to enjoy the fresh air.

Try these activities...

- Go for a walk or jog.
- Kick a ball back and forth with a friend or practice your soccer skills.
- Play a game of tag or flag football.
- When there's snow on the ground, make a snow angel, a snowman, a snow fort.

Just the Facts

- In 1918, during WWI, when the supplies of wheat flour were falling behind, the USDA used sweet potato flour to stretch wheat flour in all baked goods.
- The sweet potato was designated as the Official Vegetable of North Carolina in 1995.

Visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Lebanon Farmers Market
- Leg Up Farmers Market
- Penn Market