



Market Basket of the month

The Market Basket of the Month featured vegetable is

SWEET POTATOES

January



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.

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

Source: Adapted from ChooseMyPlate.gov

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

Nutrition Facts

Serving Size: ½ 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!

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.

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.