

FRUIT/VEGETABLE OF THE MONTH!

OCTOBER'S FEATURED VEGGIE IS THE SWEET POTATO

SWEET POTATO FACTS:

The sweet potato is a sweet, starchy root vegetable. It originated in Peru as early as 750 B.C.

Sweet potatoes vary in shape. They can be oblong or pointed oval. Colors range from white to orange and sometimes purple inside. Outside, they can be light colored to brown, rose or purplish-red.

They are low in fat and cholesterol. All varieties of sweet potato are rich in vitamins, minerals, antioxidants, and fiber.

HEALTH BENEFITS OF EATING SWEET POTATOES:

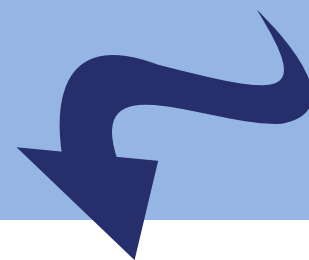
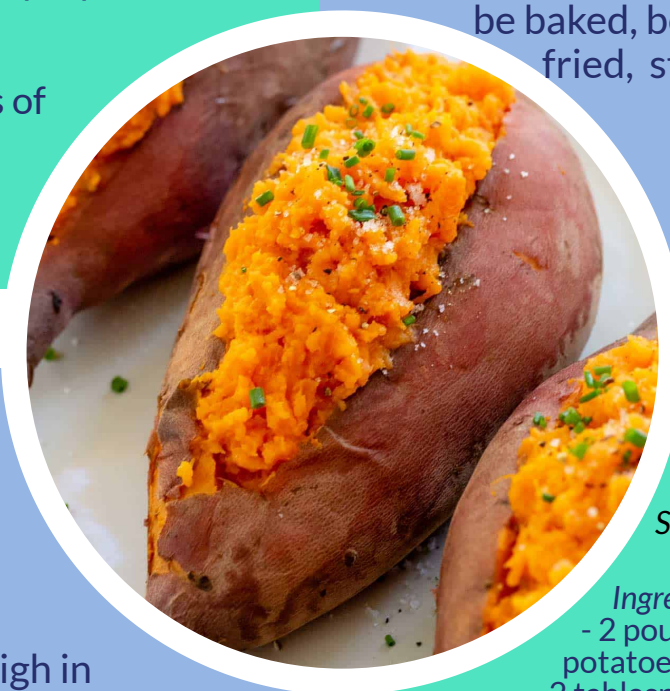
- Low in calories but high in vitamins C and E, fiber, potassium, iron, and beta-carotene.
- May protect against certain cancers
- May help prevent vision loss and improve eye health
- May improve brain health by reducing inflammation and preventing mental decline
- Can help support the immune system
- Can help regulate blood pressure
- Can help control blood sugar
- Can lower "bad" cholesterol (LDL)

George Washington was a sweet potato farmer before becoming a general or the first U.S. president.

The sweet potato is neither a potato nor a yam.

Ways to Enjoy Sweet Potatoes:

Easy to add to your diet, sweet potatoes can be baked, boiled, mashed, pan-cooked, fried, steamed, or roasted.



SEASONED ROASTED SWEET POTATO RECIPE:

Servings: 6 - 8 | Total time: 45 min

Ingredients:

- 2 pounds (about 3 large) sweet potatoes,
- 2 tablespoons olive oil
- 3/4 teaspoon fine sea salt (kosher salt; use less if using table salt)
- 1/4 teaspoon freshly cracked or ground pepper
- 1/2 teaspoon ground chili powder (optional)
- 1/2 teaspoon paprika (optional)
- 1/2 teaspoon ground cumin (optional)
- 1/2 teaspoon

Directions:

1. Preheat oven to 425 degrees.
2. Peel and cube the sweet potatoes into 1/2 inch pieces. Place in a large bowl.
3. Add the olive oil, salt, pepper, chili powder, paprika, cumin, and garlic powder to the bowl. Toss to coat all the sweet potatoes and then spread out on a large sheet pan. Arrange in an even layer with no overlapping of pieces to ensure a good roast.
4. Flip every 10 minutes cooking for a total of 27-35 minutes.

