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## EAT WELL, CARE WELL.

### Sweet Potato Recipes

- Microwave, roast, or boil sweet potatoes as an entrée or side.
- Dress up sweet potatoes with plain Greek yogurt, cheese, beans, or vegetables like broccoli!
- Try sweet potatoes in place of regular potatoes – make them mashed or as wedges.
- Sweet potato roots, leaves, shoots, and skins are edible – wash before consuming.
- Jazz up lasagna, shepherd's pie, and casseroles with sweet potatoes.
- Keep sweet potatoes in mind with dessert! Roast them with a bit of sugar and nuts, put them in pastries, or create a pudding.

<https://www.hsph.harvard.edu/nutritionsource/food-features/sweet-potatoes/>

## WEEKLY CHALLENGES

INCORPORATE A SWEET POTATO INTO A FAMILIAR MEAL.

DISTINGUISH BETWEEN SWEET POTATOES AND YAMS AT THE STORE.

TRY PREPARING SWEET POTATOES A NEW WAY.

SHARE A NEAT SWEET POTATO RECIPE WITH A FRIEND.

## Butternut Squash Jumble

### Ingredients:

- ½ small butternut squash
- ½ sweet potato, peeled and cut into 1-in.
- ½ tbsp olive oil
- 1/8 tsp dried thyme
- 2 tbsp gorgonzola cheese
- 2 tbsp chopped pecans
- 1 tbsp fresh parsley
- Dash of salt and pepper



### Directions:

1. Preheat the oven to 425°F
2. Mix in a large bowl squash, sweet potatoes, olive oil, salt and pepper, and thyme.
3. Transfer onto a baking pan
4. Roast until tender for 40-45 minutes, stirring occasionally.
5. Sprinkle with cheese, pecans, and parsley.

### Nutrition Facts:

1 c: 311 calories, 14 g fat (saturated fat), 10 mg cholesterol, 45 g carbohydrate, and 6 g protein

Recipe adapted from: <https://www.tasteofhome.com/recipes/butternut-squash-jumble/>