



Food of the Month

Nutritional Information
Cooking & Storing
Recipes

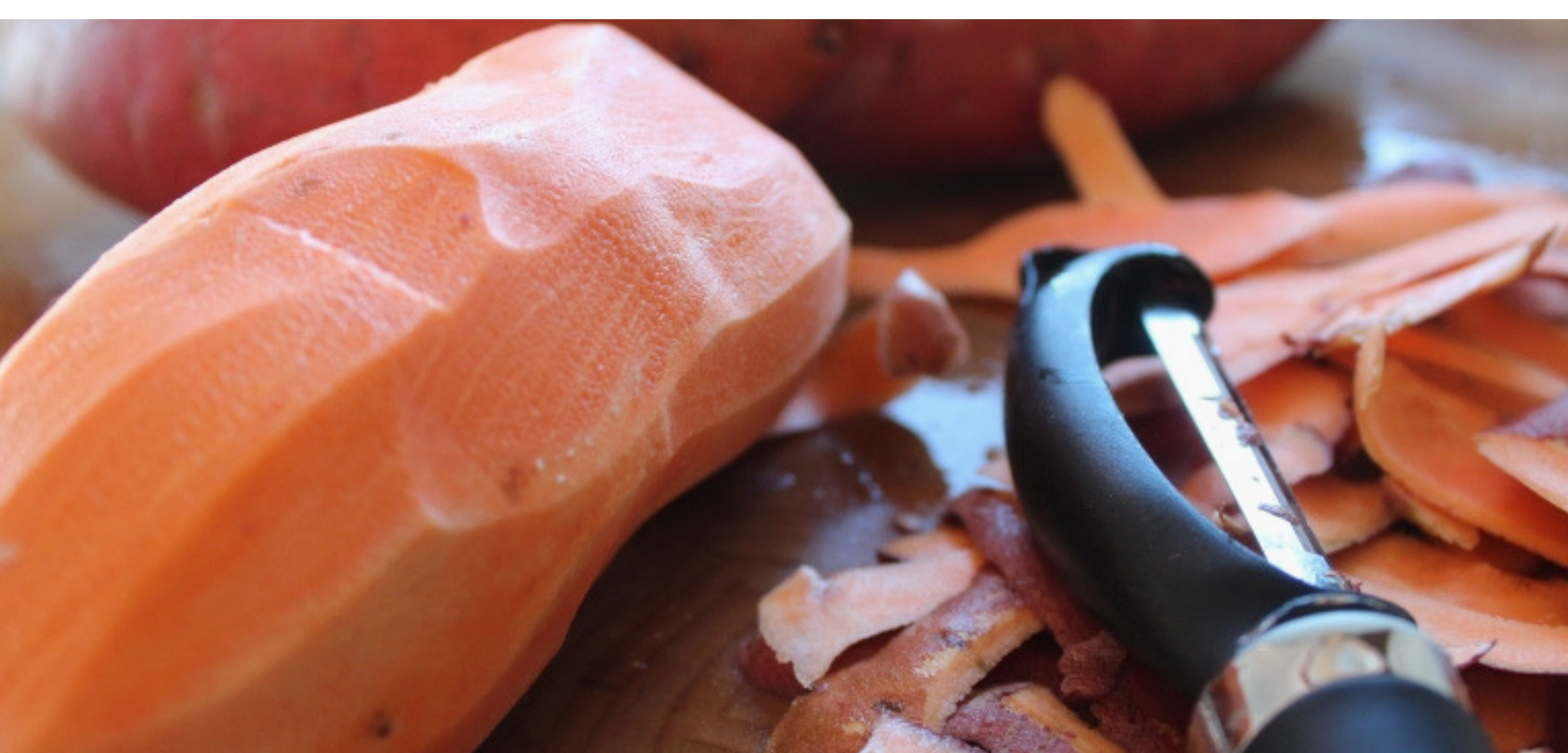
Written by Joanna Brown, Certified Holistic Nutrition Expert, Natural Nutrition Clinical Practitioner, & Raw Food Chef
Owner of Rejoice Nutrition & Wellness.



A healthy community through the
power of good food

April 2017

CONTACT US
ASHLEY THOMPSON
COMMUNITY FOOD ANIMATOR
E ASHLEYT@FOOD4GOOD.CA
P 780.906.4971
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FEATURED FOOD: SWEET POTATOES

Sweet Potatoes are native to Central and South America and are known as one of the oldest vegetables. Researchers have found sweet potato relics in Peruvian caves as far back as 10,000 years. This deliciously sweet vegetable was introduced to Europe by Christopher Columbus when he was back from a voyage to the New World after 1492.

Sweet potatoes belong to the morning glory plant family, there are over 400 different types that can lead to its flesh or skin being white, orange, pink, purple, yellow or cream colour. The yellow/orange fleshed variety is associated with a high beta-carotene content which our body typically produce Vitamin A from. The purple-fleshed variety are usually denser and are an excellent source of anthcyanins, which are a group of powerful antioxidants.

In about one medium sweet potato, you can have 6.6g of fiber, 40 mg of Vitamin C, 1900 mcg of Vitamin A, along with good manganese, copper, and vitamin B's.

HOW TO COOK & STORE SWEET POTATOES



Store your sweet potatoes in a cool, dark place they can breathe and they should keep fresh for 10 days. Do not store them in a cupboard near a heat source like an oven. Cooked sweet potatoes will keep well in an airtight container in the fridge for 5 days.

You can choose to peel the skin of the potato or wash the potato under cold water and eat the skin. The skin contains fiber which supports healthy digestive functioning.

To cook you can bake them in the oven (recipe provided), or use a quick steaming method. Bring a pot of water to a boil, chop the potato into cubes (see picture to the right), and place the cubes into a steamer basket for 7-minutes & enjoy!





RECIEPE: OVEN BAKED SWEET POTATO

Preheat the oven to 425 degrees.

Prick the skin of the sweet potato with a fork, about 5-6 times.

Place them directly on the oven rack in the middle of the oven, and put a baking sheet covered with foil or parchment paper on the rack below to catch any drips.

Bake for 30-45 minutes based on size. Your potato is done when a fork easily goes through the potato. Remove from the oven with an oven mitt. Allow to cool slightly.

Slice the potato in half and scoop out the potato flesh with a spoon.

Mix potato in a bowl with 1 tbsp. of coconut oil or butter and a pinch of salt and pepper to taste & serve

RECIPE: SWEET POTATO BISQUE

1 pounds sweet potatoes, peeled, and cut into bite size pieces

1 tbsp avocado oil

pinch sea salt flakes

4 medium shallots peeled and finely sliced.

1 tsp cumin

1/4 tsp allspice

1/4 tsp ground coriander

1.5 cups coconut milk (full fat)

2.5 cups vegetable broth

2 tbsp fresh chopped chives

Add 1 cup of vegetable broth, salt, and sweet potato chunks in a large saucepan, cover with a lid and bring to a boil. Reduce heat and let simmer for about 15-20 minutes until the potatoes are soft. Drain and put potatoes aside and put the pot back on the burner. Place oil and shallots over low-medium heat and cook until the onions are translucent, for about 2 minutes. Add spices and remaining broth, stir until fragrant. Add sweet potatoes, remaining cup of broth and coconut milk into the pot. Stir well and allow to simmer for 5 minutes on low with the lid on. Using an immersion blender blend until smooth. If you don't have an immersion blender, allow the soup to slightly cool and pour it into a blender and process.

See step-by-step pictures at: <https://rejoicenutritionwellness.com/recipe/sweet-potato-bisque/>

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Next Markets:

April 20, 2017, 2pm- 6pm,
Glenwood Community League
(16430-97 Ave)

April 26, 10a-2pm
Canora Community League
(10425-152 St)

May 11, 3pm-7pm,
Canora Community League
(10425-152 St)

May 30, 10am-2pm,
Glenwood Community League
(16430-97 Ave)

June 15, 2:00pm-
6:00pm, Canora Community
League (10425-152 St)

June 27, 10:00am-2:00pm,
Glenwood Community League
(16430-97 Ave)

Events:

April 28, 1pm-3pm
Collective Kitchen
Britannia Youngstown
Community League

For More Info Call
780-906-4971 or email
ashleyT@food4good.ca