



# Apples

## How to Buy Apples

- Apples are available in supermarkets all year round, but are at their best in the autumn months.
- Look for firm, crisp, well-colored fruit. Avoid any apples which have brown spots or any fruit which is shriveled or soft.
- Some apples are better for eating, while others are better for cooking.

**Eating:** Cortland, Golden Delicious, Gravenstein, Jonathan, McIntosh, Northern Spy, Red Delicious, Stayman, and Winesap.

**Baking:** Cortland, Golden Delicious, Jonathan, Newtown Pippin, Northern Spy, Rome Beauty, Stayman, Winesap, York Imperial, Gravenstein, and McIntosh.

## How to Store Apples

- Apples do not store well at room temperature.
- Apples can remain fresh in the refrigerator for up to three weeks.

## Quick Apple Tips

- Chop an apple in small chunks and add to your oatmeal with a little cinnamon to give it an extra kick!

## Apple Bran Muffins

**Prep Time:** 10 minutes

**Cook:** 30 minutes

**Servings:** 12 muffins

**Serving Size:** 1 Muffin

### Ingredients:

1/3 cup brown sugar	1 1/4 cup apple juice
1 1/4 bran flakes cereal	1/4 cup margarine melted
1 tsp cinnamon	1 tsp vanilla
1 tbs baking powder	1 apple peeled, cored, and chopped
1 1/4 cup all-purpose flour	

**Directions:** Preheat oven to 375 degrees F Grease muffin tins. In a mixing bowl, combine bran flakes, flour, brown sugar, cinnamon and baking powder. Stir in apple juice, margarine, vanilla, and apple. Spoon the mixture into the greased muffin tins. Bake at 375 degrees F for 25 to 30 minutes.

### Nutrition Information Per Serving:

*Calories 350; Total Fat 9 g (Sat 0 g); Cholesterol 65mg; Sodium 520 mg; Total Carbohydrates 64 g; Dietary Fiber 7 g; Protein 6 g; Percent Daily Value: Vitamin A 6%; Vitamin C 0%; Calcium 25%; Iron 20%.*

## Apple Peanut Butter Crisp

**Prep Time:** 10 minutes

**Cook:** 5 minutes

**Servings:** 6

### Ingredients:

1/2 tsp salt	1/2 cup quick oats
2 cups ice	1/3 cup brown sugar
3 tbs butter	5-6 apples peeled and sliced
3 tbs peanut butter	
1/2 cup flour	

**Directions:** Stir the flour, oats, brown sugar and salt in a medium bowl. Cut in the butter and peanut butter with a pastry blender or 2 knives until coarse crumbs form. Place the apples into a lightly greased microwavable pie plate. Sprinkle with the cookie mixture. Microwave on HIGH for 15 minutes or until the apples are tender.

### Nutrition Information Per Serving:

*Calories 258; Total Fat 10 g (Sat 5 g); Cholesterol 15 mg; Sodium 278mg; Total Carbohydrates 40 g; Dietary Fiber 3 g; Protein 4 g; Percent Daily Value: Vitamin A 4%; Vitamin C 4%; Calcium 2%; Iron 8%.*



# Bananas

## How to Buy Bananas

- Bananas are available in supermarkets all year round, but are at their best around the summer and autumn months.
- Look for firm fruit with unblemished skin.
- Look for bananas that are still a bit green. Most need to ripen a few more days after you bring them home.
- You can tell that they are ripe when they are firm, yellow and have little to no green skin.

## How to Store Bananas

- Store at room temperature out of direct sunlight.
- Do not put bananas in the refrigerator. This will only make them ripen faster and turn soft and brown.
- If bananas get too ripe, store them in the freezer. They can be used for making banana bread.

## Quick Banana Tips

- Put banana slices on a piece of whole wheat toast with peanut butter.
- Try mixing banana slices in cereal or low fat yogurt.

## Banana Bread

**Prep Time:** 15 minutes

**Cook:** 60 minutes

**Servings:** 8

### Ingredients:

3 ripe bananas	1/4 cup Canola Oil
1 cup flour	2 eggs
1 1/2 tsp baking soda	1 tsp vanilla
1/2 cup sugar	

**Directions:** Preheat oven to 350 degrees F. Grease a large 9x5 inch loaf pan. Whip Bananas and sugars until mix is creamy (about 3 minutes). Add butter, eggs and vanilla and whip until smooth. Mix in all dry ingredients until blended. Pour mix in loaf pan. Bake in oven for 60 minutes. Let cool for 5 minutes

### Nutrition Information Per Serving:

*Calories 480; Total Fat 29 g (Sat 15 g; Trans 0 g; Poly 4.5 g; Mono 7 g); Cholesterol 105 mg; Sodium 260 mg; Potassium 280 mg; Total Carbohydrates 55 g; Dietary Fiber 5 g; Total Sugars 31 g; Protein 6 g. Percent Daily Value: Vitamin A 15%; Vitamin B6 15%; Vitamin C 8%; Vitamin D 2%; Calcium 4;; Iron 10%.*

## Banana Oatmeal Smoothie

**Prep Time:** 5 minutes

**Total Time:** 5 minutes

**Servings:** 2

### Ingredients:

2 whole bananas  
2 cups ice  
1/3 cup fat free yogurt/Greek yogurt flavored with honey  
1/2 cup cooked oatmeal

**Directions:** Pour all ingredients in blender, putting ice in last, blend until smoothie thickens.

### Nutrition Information Per Serving:

*Calories 380; Total Fat 15 g (Sat 2 g, Trans 0 g, Poly 4 g, Mono 8 g); Cholesterol 5 mg; Sodium 35 mg; Potassium 690 mg; Total Carbohydrates 53 g; Dietary Fiber 9 g; Total Sugars 19 g; Protein 12 g. Percent Daily Value: Vitamin A 2%; Vitamin B6 25%; Vitamin C 20%; Vitamin D 0%; Calcium 15% Iron 15%.*



# Broccoli

## How to Buy Broccoli

- Broccoli can be found all year round.
- Choose broccoli heads with tight, green florets and firm stalks. The broccoli should feel heavy for its size.
- The cut ends of the stalks should be fresh and moist looking.
- Avoid broccoli with dried out or browning stem ends or yellowing florets.
- Most people toss the stem, but if you cut off the tough exterior, you'll discover the inside is an edible snack.

## How to Store Broccoli

- Store broccoli unwashed in an open plastic bag in the refrigerator.
- If bought fresh, broccoli will keep up to 10 days.

## Quick Broccoli Tips

- At most stores, you can find packages of pre-cut broccoli. Look for the same characteristics to ensure quality.
- Frozen broccoli is great to use in recipes, such as pasta.

## Bowties and Broccoli

**Prep Time:** 10 minutes

**Cook:** 20 minutes

**Servings:** 8

### Ingredients:

1 pound bowtie pasta

4 cups broccoli

1/4 cup olive oil

4 cloves garlic minced

1 cup grated Pecorino Romano cheese

salt and ground black pepper to taste

**Directions:** Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, until soft. Drain, reserving 1/4 cup pasta water. Place broccoli in a pot fitted with a steamer basket over boiling water. Steam 5 minutes, or until tender. Heat the oil in a skillet over medium heat. Stir in garlic, and cook 1 minute, or until golden brown. In a bowl, toss together the pasta, reserved pasta water, broccoli, garlic, remaining oil, and cheese. Season with salt and pepper.

### Nutrition Information Per Serving:

*Calories 360; Total Fat 12.3 g; Sodium 244 mg;*

*Total Carbohydrates 48 g; Protein 14.4 g; Fiber 3.8 g.*

## Grilled Broccoli

**Prep Time:** 5 minutes

**Cook:** 10 minutes

**Servings:** 6

### Ingredients:

6 cups broccoli

2 1/2 tbs lemon juice

2 tbs olive oil

1/4 tsp salt

1/4 tsp pepper

3/4 cup grated parmesan cheese

**Directions:** Place broccoli in a large bowl. Combine the lemon juice, oil, salt and pepper; drizzle over broccoli and toss to coat. Let stand for 30 minutes. Coat grill rack with nonstick cooking spray before starting the grill. Prepare grill for indirect heat. Toss broccoli, then drain marinade. Place parmesan cheese in a large resealable plastic bag. Add broccoli, a few pieces at a time, shake to coat. Grill broccoli, covered, over indirect medium heat for 8-10 minutes on each side or until crisp-tender.

### Nutrition Information Per Serving:

*Calories 107; Total Fat 8 g; Cholesterol 8 mg; Sodium 304mg;*

*Total Carbohydrates 5g; Dietary Fiber 2 g; Protein 6 g.*



# Carrots

## How to Buy Carrots

- Carrots are in season all year round.
- Look for firm, well-formed, bright orange-red carrots.
- Baby carrots are a great buy too. They are peeled, cut, washed, and ready to eat. They make a great snack for on the go!
- If baby carrots have what appears to be a light layer of white on them, this is simply indicative of the fact they are already peeled. Soak them in cold water for a time and they will rejuvenate.

## How to Store Carrots

- To keep carrots fresh, keep them in the refrigerator in a plastic bag. Remove the tops and use within 1-2 weeks.

## Quick Carrot Tips

- Carrots make a great snack or party food. Serve plain or with ranch dip!

## Sweet and Sour Carrots

**Prep Time:** 30 minutes

**Bake:** 30 minutes

**Servings:** 8

**Cook:** 5 minutes

### Ingredients:

1/2 cup vinegar	1/2 chopped green pepper
1 onion chopped (1/4 c)	1 can condensed tomato soup
1/4 cup sugar	
1/2 cup vegetable oil	8 large carrots cut in to 1 inch pieces and cooked.

**Directions:** Stir the soup, vinegar, green pepper, sugar, oil and onion in a 2-quart saucepan and heat to a boil over medium heat. Reduce the heat to low and cook for 5 minutes or until the vegetables are tender, stirring often. Spray a 2-quart casserole dish with the cooking spray. Place half of the cooked carrots in the casserole dish. Top with half of the soup mixture, the remaining carrots and the remaining soup mixture. Bake at 350°F. for 30 minutes or until the mixture is hot and bubbling.

### Nutrition Information Per Serving:

*Calories 235; Total Fat 14 g (Sat 1 g); Cholesterol 0 mg; Sodium 206 mg; Total Carbohydrates 28 g; Dietary Fiber 3 g; Protein 2 g. Percent Daily Value: Vitamin A 258%; Vitamin C 10%; Calcium 3%; Iron 3%.*

## Classic Carrot Juice

**Prep Time:** 10 minutes

**Servings:** 1

### Ingredients:

8 large freshly cleaned carrots

**Directions:** Take out eight fresh carrots, and then clean them thoroughly under cold water. Depending on the strength of your juicer, you may want to quarter your carrots to reduce the stress on your machine. Next place a tall glass under the juice spout. Lastly begin feeding the cleaned carrots into your juicer one at a time. Carrot juice does possess natural sugar, so one tall glass per day is generally the recommended daily intake limit. Depending on how it affects your digestive system, drinking the juice during or after a meal is recommended.

### Nutrition Information Per Serving:

*Calories 120; Total Fat 0 g.*



# Eggplant

## How to Buy Eggplant

- Eggplant is available all year round, but will be found most readily in the late summer to early fall, with August being their peak season.
- When selecting an eggplant, look for one that has a shiny, smooth skin that does not have bruises or blemishes. It should feel heavy for its size. The American varieties of eggplant are large in size and dark purple in color.
- To check ripeness of the eggplant press the side with a finger, if it doesn't make an indent, it is not ripe. If pressing the side makes an indentation but does not spring back in a couple of seconds, it is overripe. Overripe eggplant will be bitter.

## How to Store Eggplant

- It is best to use an eggplant within a day or two of purchasing. They can be stored in a cool, dry place for 1 or 2 days but to store longer, they should be refrigerated.

# Quick Eggplant Tips

- Use slices of eggplant in place of noodles to make lasagna. This is a great way to sneak vegetables in to your diet and reduce carbohydrates.

## Eggplant Lasagna

**Prep Time:** 20 minutes

**Cook:** 40 minutes

**Servings:** 6

### Ingredients:

2 tbs olive oil	3/4 cup shredded mozzarella cheese, divided
1 small onion, chopped	1 eggplant, sliced into 1/2" rounds
3 cloves garlic, chopped	3/4 cup grated Parmesan cheese
2 small tomatoes, chopped	3/4 cup tomato pasta sauce
1 tbs garlic powder	2 tsp Italian seasoning
1/2 cup ricotta cheese	
1 (10 ounce) package fresh spinach leaves	

**Directions:** Preheat the oven to 350 degrees F. Brush eggplant slices with olive oil on both sides, and place them on a baking sheet. Sprinkle garlic powder over the top. Bake for 10 minutes. Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the onion, garlic, tomatoes and spinach. Cook and stir for a few minutes until fragrant, and the tomatoes have released their juices. In a medium bowl, mix together 1/2 cup of ricotta cheese, 1/2 cup of mozzarella cheese, and 1/2 cup of Parmesan cheese. Set aside. Place the eggplant slices in a greased 9x13 inch baking dish. Top with the spinach mixture. Spoon the cheese mixture over the spinach, and spread into a thin layer. Pour the spaghetti sauce over the cheese layer. Sprinkle the remaining mozzarella and Parmesan cheese over the top. Sprinkle with Italian seasoning. Bake for 30 minutes in the preheated oven, or until heated through and the eggplant is easily pierced with a fork.

### Nutrition Information Per Serving:

*Calories 272; Total Fat 47.8 g; Total Carbohydrates 16.4 g; Protein 30.2 g; Fiber 14 g.*

## Eggplant Pita

**Prep Time:** 10 minutes

**Cook:** 50 minutes

**Servings:** 8

### Ingredients:

1/2 onion, chopped	1 green pepper sliced
1 tbs olive oil	1 cup shredded mozzarella cheese
1 sm. eggplant diced	1 tsp garlic powder
4 pitas halved	salt and pepper to taste
1/4 cup mushrooms sliced	

**Directions:** Combine eggplant, mushrooms, green bell pepper, onion, garlic powder and olive oil in a skillet and fry until vegetables are gently brown and softened. Stuff hot vegetable mixture into pita bread pockets. Sprinkle Mozzarella cheese into the pockets.

### Nutrition Information Per Serving:

*Calories 236; Fat 13.1 g; Cholesterol 15 mg; Sodium 394 mg; Carbohydrates 23.1 g; Dietary Fiber 3.4 g; Protein 7 g.*



# Grapefruit

## How to Buy Grapefruit

- Grapefruit are at their peak during the winter months.
- They should be firm and juicy, which makes them heavy for their size. It's easy to compare grapefruit; just pick them up!
- Make sure that the grapefruit is firm to the touch and without major bruises, though some scars are to be expected. The skin of the grapefruit is thick and helps protect the pulp .

## How to Store Grapefruit

- Because of their thick skin, grapefruit are easy to store. They can handle a week or so at room temperature.
- For longer-term storage, or simply because they are more refreshing served chilled, you can store grapefruit in your fridge. Fresh grapefruit can be stored in the fridge for up to three weeks.

## Quick Grapefruit Tips

- Grapefruit can be peeled and eaten like an orange, or you can cut it in half and cut the pieces out with a knife. If it is too sour, try sprinkling it with no calorie sweeteners like Truvia or Stevia.

## Tropical Grapefruit Kiwi Smoothie

**Prep Time:** 15 minutes

**Servings:** 1-2

### Ingredients:

2 kiwi fruit peeled	4 ounces water/coconut water
2 cups fresh spinach	
1 cup fresh pineapple cubed	1 grapefruit peeled and de-seeded

**Directions:** Combine all ingredients in blender. Blend until smooth. Add ice to make it a blended drink. Pour in glass and enjoy!

### Nutrition Information Per Serving:

*Calories 256; Total Fat 1.3 g; Total Carbohydrates 62.1 g; Protein 5.2 g. Percent Daily Value: Vitamin A 223%; Vitamin C 331%; Calcium 15%; Iron 2.9 mg.*

## Greens n' Grapefruit Salad

**Prep Time:** 10 minutes

**Servings:** 4

### Ingredients:

4 cups torn salad greens	1 medium grapefruit peeled & sectioned
1/2 cup sliced mushrooms	
2 tbs chopped red onion	1/2 cup sliced water chestnuts

### Dressing:

1/2 cup lite mayonnaise or salad dressing	2 tbs cider vinegar
	1 tbs sugar
1/4 cup catalina salad dressing	1/4 cup sesame seeds

**Directions:** In a salad bowl, combine the greens, onion, grapefruit, mushrooms and water chestnuts. In a small bowl, whisk together the dressing ingredients. Drizzle over salad; serve immediately.

### Nutrition Information Per Serving:

*Calories 220; Total Fat 23.8 g; Cholesterol 0 mg; Sodium 50 mg; Total Carbohydrates 29.5 g; Dietary Fiber 8.8 g; Protein 3.1 g.*



# Kiwi

## How to Buy Kiwi

- Kiwi has a brown furry exterior, but underneath it's furry exterior, is a bright green, sweet fruit. Both the core and the seeds are edible.
- The fruit should be a brown-green color and have short, fuzzy hairs. Hold it in your palm to feel whether the kiwi is soft. If it's too soft, it might have gone bad. Try to pick a medium soft kiwi as it will be perfect to eat right away.

## How to Store Kiwi

- The firmness of your kiwi will determine the storage life.
- As long as you keep them inside your refrigerator, kiwi can stay fresh for a few weeks.
- If you bought the Kiwi firm, just leave them on the counter at room temperature and they will be ripe in 3-5 days.

## Quick Kiwi Tips

- There are many different ways you can eat kiwi.
  - You can eat it in slices.
  - Eat the kiwifruit as you would a baked potato by eating it out of the rind or skin, and use a spoon to scoop the fruit out.

## Kiwi Strawberry Smoothie

**Prep Time:** 5 minutes

**Servings:** 1-2

### Ingredients:

1 kiwi fruit peeled  
6 strawberries  
1 banana

1/2 cup vanilla frozen yogurt  
3/4 cup pineapple and  
orange juice blend

**Directions:** Place the banana, strawberries, kiwi, vanilla frozen yogurt, and pineapple and orange juice in a blender. Blend until smooth.

### Nutrition Information Per Serving:

*Calories 204; Total Fat 0.5 g; Total Carbohydrates 48.1 g; Protein 4.3 g; Cholesterol 2 mg.*

## Kiwi Salsa

**Prep Time:** 15 minutes

**Servings:** 6

### Ingredients:

1 small onion diced  
1 jalapeno pepper diced  
6 Kiwi, peeled and diced  
1 tbs ground cinnamon

1 tsp honey  
2 tbs lime juice  
1 tbs olive oil  
1/2 tsp curry powder

**Directions:** Mix kiwi, onion, jalapeno pepper, lime juice, olive oil, honey, cumin, and curry powder together in bowl. Cover and allow to rest for 1 hour at room temperature. Refrigerate until ready to serve. Serve with whole grain tortilla chips.

### Nutrition Information Per Serving:

*Calories 78; Total Fat 2.7 g; Cholesterol 0 mg; Sodium 3 mg; Total Carbohydrates 14 g; Dietary Fiber 2.6 g; Protein 1.1 g.*



# Spinach

## How to Buy Spinach

- Spinach can be found all year round.
- Look for bright green, fresh, tender leaves.
- You will find spinach sold either in bunches or loose leaves.
- Spinach is also found in bags.
- Avoid spinach that is wilted or gritty.
- Some spinach is flat and smooth, while others are crinkly.

## How to Store Spinach

- Avoid washing spinach before storing. This helps it to stay fresh longer.
- If spinach is already bagged, leave it in the bag, but if spinach is loose, put it in a plastic bag.
- Store in refrigerator or in crisper.
- Keep for no more than 4-7 days.

## Quick Spinach Tips

- Spinach is great for salads and sandwiches. Mix spinach with lettuce or use spinach alone.

## Spicy Spinach Dip

**Prep Time:** 5 minutes

**Cook:** 20 minutes

**Servings:** 8

### Ingredients:

1/4 cup milk

1 cup shredded pepper jack cheese

1 - 10 ounce package frozen chopped spinach  
thawed and drained

**Directions:** Preheat oven to 350 degrees F. In a 2 quart casserole dish combine cheese, spinach and milk. Bake in preheated oven for 15 to 20 minutes, stirring occasionally. Let stand 5 minutes before serving. Serve with whole grain tortilla chips.

### Nutrition Information Per Serving:

*Calories 84; Total Fat 6.1 g; Total Carbohydrates 2.5 g;  
Protein 5.3 g; Fiber 1 g.*

## Spinach Pinwheels

**Prep Time:** 20 minutes

**Cook:** 12 minutes

**Servings:** 30

### Ingredients:

1 (7 oz) package garlic herb cheese spread

2 (8 oz) packages of crescent rolls

1 (10) oz package of frozen chopped spinach  
thawed and drained.

**Directions:** Preheat oven to 400 degrees F. Split crescent dough in half along center perforation. Flatten one rectangle, sealing perforations. Spread with 1/4 of the cheese spread and sprinkle with spinach. Starting with long side, roll dough up, rolling back and forth several times to seal edges. Cut into 3/4 inch slices (about 15 slices per roll). Arrange the slices one inch apart on un-greased cookie sheet. Continue making the crescent roll ups until all of the ingredients are used. Bake for 10 to 12 minutes, until lightly browned. Serve immediately or keep warm on a warming tray.

### Nutrition Information Per Serving:

*Calories 117; Total Fat 3.7 g; Cholesterol 11 mg;  
Sodium 14 mg; Total Carbohydrates 17.3 g;  
Dietary Fiber 0.8 g; Protein 2.5 g.*



# Squash

## How to Buy Squash

- The terms “summer” and “winter” squash only loosely refer to when the squash are harvested. Most are available all year round.
- Summer squash are thin-skinned and bruise easily (think zucchini). So look for firm, blemish free ones with tight skin. Typically, the smaller ones are sweeter and more tender.
- Winter squash have hard thick rinds (think acorn squash). You may find yourself needing a hammer to cut open some winter squash.

## How to Store Squash

- Summer squash are good for about a week in the refrigerator before they start to wrinkle and get soft.
- Winter squash can be kept fresh for up to 3 months, by storing it in cool dark places.

## Quick Squash Tips

- All squash seeds are edible. Squash and pumpkin seeds are healthy and a great snack, or a tasty addition to a salad or trail mix.

## Roasted Winter Squash Seeds

**Prep Time:** 10 minutes

**Cook:** 15 minutes

**Servings:** 4

### Ingredients:

1 tbs olive oil

1 cup winter squash seeds

1/2 tsp salt

**Directions:** Preheat the oven to 275 degrees F . Line a baking sheet with parchment paper or aluminum foil. After removing the seeds from the squash, rinse with water, and remove any strings and bits of squash. Pat dry, and place in a small bowl. Stir the olive oil and salt into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking sheet before serving.

### Nutrition Information Per Serving:

*Calories 216; Total Fat 19.2 g; Total Carbohydrates 6.1 g; Protein 8.5 g; sodium 297 mg; Dietary Fiber 1.3 g.*

## Butternut Squash Soup

**Prep Time:** 25 minutes

**Cook:** 35 minutes

**Servings:** 6

### Ingredients:

3 cups water

4 cubes chicken bouillon

6 tbs chopped onion

1/4 tsp ground black pepper

6 cups peeled and cubed butternut squash

4 tbs margarine

1/8 tsp ground cayenne pepper

2 (8oz packages) cream cheese

**Directions:** In a large saucepan, sauté onions in margarine until tender. Add squash, water, bouillon, margarine, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

### Nutrition Information Per Serving:

*Calories 397; Total Fat 33.4 g; Cholesterol 83 mg; Sodium 1081 mg; Total Carbohydrates 20.2 g; Dietary Fiber 3 g; Protein 7.7 g.*



# Sweet Potatoes

## How to Buy Sweet Potatoes

- Choose firm, heavy potatoes. This means they are fresh and still have plenty of water in them.
- Avoid potatoes with lots of eyes or sprouts popping out of them. These are past their prime.
- Look for potatoes with thin, smooth skins. Thick, rough skins aren't very tasty, and a wrinkled skin means that the potato is old and dried out.

## How to Store Sweet Potatoes

- Sweet potatoes do not keep as long as regular potatoes, but usually last about two weeks.
- Store your potatoes in a cool, dark place. If you don't have a cellar or a basement, a kitchen drawer works well.

## Quick Sweet Potato Tips

- Baked sweet potatoes are delicious even when served cold and therefore make a great food to pack in to-go lunches.

## Grilled Sweet Potatoes

**Prep Time:** 15 minutes

**Cook:** 10 minutes

**Servings:** 8

### Ingredients:

2 tbs water

2 tbs honey

2 tbs apple juice

1 tbs canola oil

3 tbs soy sauce

1 garlic clove minced

2 pounds sweet potatoes  
peeled and cut in to  
wedges

**Directions:** Place sweet potatoes in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 5-7 minutes. Place potatoes in a large bowl. In another bowl, combine the soy sauce, apple juice, honey, water and garlic; pour over potatoes and toss gently. Drain sweet potatoes, reserving soy sauce mixture. Arrange sweet potatoes in a single layer in a grill basket coated with nonstick cooking spray. Brush potatoes with oil. Grill, covered, over medium heat for 8-10 minutes or until tender, basting with reserved soy sauce mixture and turning occasionally.

### Nutrition Information Per Serving:

*Calories 158; Total Fat 2 g; Total Carbohydrates 33 g;  
Protein 2 g; Fiber 2 g.*

## Sweet Potato Bread

**Prep Time:** 15 minutes

**Cook:** 60 minutes

**Servings:** 12

### Ingredients:

1 1/4 cup flour

1 cup white sugar

1 tsp baking soda

1/2 cup vegetable oil

1/4 tsp salt

2 eggs

1/2 tsp cinnamon

1/2 tsp nutmeg

1/3 cup water

**Directions:** Combine sugar and oil; beat well. Add eggs and beat. Combine flour, baking soda, salt, cinnamon and nutmeg. Stir flour mixture in to egg mixture with water. Stir in sweet potatoes. Pour batter into greased 9x5 inch loaf pan (or 2 small loaf pans). Bake at 350 degrees F (175 degrees C) for about one hour.

### Nutrition Information Per Serving:

*Calories 303; Total Fat 3.5 g; Cholesterol 35 mg;  
Sodium 172 mg; Total Carbohydrates 43.2 g;  
Dietary Fiber 1.6 g; Protein 3.7 g.*