

# Michigan Harvest of the Month



Michigan Nutrition Network at™

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is **sweet potatoes**



## Health and Learning Success Go Hand-in-Hand

Studies show that healthy food choices can increase your child's focus on tests and keep immune systems healthy. This can help your child fight off the flu and colds. With Michigan Harvest of the Month™, you can help your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

## Produce Tips

- Choose firm, dark, dry, and smooth sweet potatoes without wrinkles, bruises, sprouts, or moldy spots. One decayed spot can make the entire sweet potato taste bad, even when cut away.
- Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, like a pantry or garage.
- Do not wash sweet potatoes until you are ready to cook them.
- At room temperature, sweet potatoes should be used within one week. If stored properly, sweet potatoes can keep for one month or longer.

## Healthy Serving Ideas

- Dip strips of sweet potatoes in egg and bake on a lightly oiled pan at 425° F for 25–30 minutes to make sweet potato fries.
- Bake sliced sweet potatoes with apples and cinnamon for a hot dessert.

## SWEET POTATO HASH

Makes 6 servings. 1 cup per serving.

Cook time: 40 minutes

### Ingredients:

- ¼ cup liquid oil, such as olive oil
  - 2 cups frozen or fresh chopped bell peppers and onions
  - 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
  - 1 teaspoon cumin
  - 1 teaspoon salt
  - ½ teaspoon red pepper flakes
1. Heat oil in a large skillet over medium-high heat.
  2. Sauté bell peppers and onions until tender, about 5 minutes.
  3. Add remaining ingredients and reduce heat to medium.
  4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

*Nutrition information per serving:*  
Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*



## Let's Get Physical!

- Challenge your kids to a basketball or soccer game. After playing outside, make Sweet Potato Hash together.
- If your family must stay inside, be active by dancing to music or doing sit-ups during TV commercial breaks.
- Ask your child to help you clean and do chores like dusting or sweeping.

## 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%

## How Much Do I Need?

- A ½ cup of sweet potatoes is about one cupped handful.
- A ½ cup of sweet potatoes is an excellent source of vitamin A and vitamin C. It is also a good source of fiber, vitamin B<sub>6</sub>, and potassium.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.

It is important to eat a variety of colorful fruits and vegetables every day to get the nutrients you need to be healthy. The amount each person needs depends on age, gender, and physical activity level (see chart below). Fruits and vegetables are just two of the six food groups you should eat every day. To learn about the other food groups, visit [www.choosemyplate.gov/](http://www.choosemyplate.gov/).

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov/](http://www.choosemyplate.gov/) to learn more.