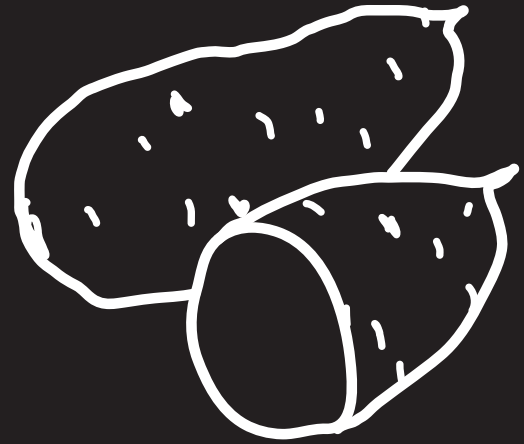




**PARKDALE
FOOD CENTRE**
NEIGHBOUR TO NEIGHBOUR

**YOUR
LOCAL
FOOD
BANK**



FOOD OF THE MONTH

SWEET POTATO

SWEET POTATOES, considered one of the most nutritious vegetables and one of the oldest vegetables known, was introduced to us by Christopher Columbus when he brought it back from his voyage to the New World in 1492. Years later, sweet potatoes began to be cultivated in the southern United States, where today, they continue to be a staple food. When the orange fleshed sweet potato was first introduced to North America it was given the name "yam". It is because of this that there is confusion around the sweet potato and yam as being one and the same. They are however, really two different vegetables. The yam tuber has a brown or black skin and purple or red flesh, depending on the variety. Yams grow in tropical climates, primarily in South America, Africa and the Caribbean. Sweet potatoes have a thicker, dark orange to reddish skin with a vivid orange sweet flesh, which is the most popular.



HEALTH BENEFITS are plentiful in just one sweet potato providing a vast array of nutritional nutrients. Power packed with antioxidants, vitamin A, beta carotene, and Vitamin C, make these orange goodies a huge immunity booster. Regular consumption of sweet potatoes strengthens the body's immune system and develop resistance to infection. People with blood sugar concerns such as diabetes, can eat sweet potatoes without concern. Sweet potatoes have a low glycemic index allowing the body to slowly absorb any glucose, sustaining a moderate rise in blood sugar levels.

OTHER REASONS TO COOK UP A SWEET POTATO:

- The fiber content of sweet potatoes is an excellent facilitator for digestion. This easy digestion soothes the stomach and the intestines to.
- Anti-inflammatory, sweet potatoes are excellent for those who suffer from asthma or arthritis
- Heart health friendly, the vitamin C helps slow down the development of hardening of the arteries.
- Rich in vitamin A, sweet potatoes can help improve eyesight, night blindness and cataracts.
- Great as a first vegetable food for babies, sweet potatoes have a soft consistency and can be easily mashed and are easy to digest with a sweet flavour babies will love.

SWEET POTATO FRIES

The favourite way to prepare sweet potatoes!

INGREDIENTS

- 1 large or 2 small potatoes per person.
- 1 tablespoon olive oil.
- Salt to taste.

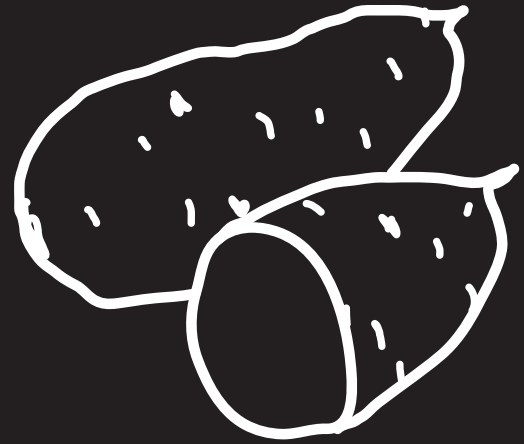
INSTRUCTIONS

- 1** Peel and cut potatoes into desired sized fries.
- 2** Put in bowl toss with olive oil and salt.
- 3** Bake at 450 F for 20 to 25 minutes, turning after 10 minutes.



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FOOD OF THE MONTH

SWEET POTATO

SHEPHERD'S PIE Serves 4



INGREDIENTS:

- ½ to 1 lb of ground beef (can substitute with black beans)
- 1 cups chopped mixed vegetables (combination of onions, peppers, carrots; can also add canned peas and or corn)
- 1 can of chick peas, drained
- 4 Sweet potatoes
- 3 cloves minced garlic (optional)
- Salt, pepper and chili powder and dash of cayenne pepper if you like spicy.

DIRECTIONS:

- 1** Preheat oven to 350 F
- 2** Steam sweet potatoes, drain and mash. Set aside.
- 3** Brown ground meat until no longer pink. Line colander with paper towel and pour cooked meat into it to help absorb any excess fat.
- 4** Add meat back to pan and add mixed veggies and chickpeas; stir fry for 5-7 minutes until veggies have softened. Add seasoning of choice.
- 5** In covered dish, pour in mixed veggies, chickpeas and meat mixture.
- 6** Cover entirely with mashed sweet potatoes.
- 7** Bake for 45 minutes. Cool slightly and serve.

HEALTHY STEAMED SWEET POTATOES Serves 2



INGREDIENTS:

- 2 medium sweet potatoes
- 2 tablespoons olive oil
- 2 medium cloves garlic (optional)
- Salt and pepper to taste.

DIRECTIONS:

- 1** Fill bottom of pot with 2 inches of water
- 2** Chop garlic (optional)
- 3** Cut sweet potatoes into ½ inch cubes
- 4** Steam potatoes and garlic for 7 minutes. Sweet potatoes are done when you can easily pierce with a fork
- 5** Transfer to a bowl. You can get creative by adding different flavourings of your choice.