

Yum, Yum! Farm Fresh Sweet Potatoes

Did you know that one medium-sized **SWEET POTATO** can provide you with more than a day's worth of vitamin A and 35% of your daily intake of Vitamin C? The starchy Southern favorite has secured its place as "king of the root vegetables" with its stacked nutrition profile, from fiber, iron, potassium, magnesium, and beta-carotene to Vitamins D and B6.

What to look for:

Look for firm potatoes with smooth skins and no signs of bruising or decay. Rule of thumb: if the potato has a white stringy "beard," it's overmature and probably tough.

Great for

- baking in the oven whole
- boiling and mashing
- glazing and baking in a casserole dish
- adding to soups
- grating raw into slaws and salads
- cutting into wedges and baking (for fries and/or chips)



Roasted Sweet Potato & Butternut Squash Soup with Chive Oil

Serves 4

A fall-time favorite sure to bring warmth into the hearts of everyone you share it with.

Ingredients:

- 1 medium butternut squash, peeled and cubed
- 1 large **sweet potato**, peeled and cubed
- 2 medium carrots, peeled and diced
- 2 tablespoons olive oil, divided
- 1 teaspoon sea salt
- 1 medium yellow onion, diced
- 2 garlic cloves, chopped
- 1 Granny Smith apple, peeled and cubed
- 4 stalks of celery, diced
- 3 cups low-sodium chicken broth
- 2 cups water
- 1/4 cup Chardonnay
- Juice of one lemon
- 1/4 teaspoon nutmeg
- 1 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1/2 teaspoon marjoram
- 1 bay leaf
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups 2% milk
- 1 tablespoon fresh chives
- 1 tablespoon olive oil

Directions:

Preheat oven to 400°F. Place diced squash, sweet potato, and carrots on a cookie sheet. Sprinkle with 1 tablespoon of olive oil and sea salt. Roast in the oven for 40 minutes, flipping the vegetables half-way through. Remove from oven and set aside. In a large pot, heat remaining 1 tablespoon of olive oil. Sauté onions until translucent. Add garlic and cook for 1 minute. Stir in celery and apple and continue to sauté until vegetables begin to caramelize (about 5 minutes). Add roasted vegetables, stir to combine. Pour in chicken broth, water, lemon juice, and Chardonnay. Season with nutmeg, thyme, sage, marjoram, bay leaf, and cayenne pepper. Bring soup to a boil, reduce heat and simmer 20 to 25 minutes. In small batches, carefully puree soup in a blender. Return to pot and slowly whisk in milk. Remove from heat. In a food processor, combine olive oil and fresh chives. Pulse until smooth. Serve soup and drizzle with chive oil.

Nutrition Facts (per serving):

Calories—411	Carbohydrate—66g
Total Fat—14g	Dietary Fiber—11g
Saturated Fat—3g	Sugar—21g
Sodium—660mg	Protein—12g

From Nutrition World
www.nutritionw.com



Pear and Sweet Potato Latkes

Makes 24

Once cooked, you can keep these deliciously sweet latkes in a 200°F oven for up to 1 hour.

Ingredients:

- 1 1/2 pound (about 2 medium) **sweet potatoes**, peeled and grated
- 1 large firm pear, grated
- 2 tablespoons grated onion
- 2 large eggs
- 1/4 cup all-purpose flour or matzo meal
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/8 teaspoon nutmeg
- Canola oil, for frying
- Greek yogurt or sour cream, for serving

Directions:

Place potatoes in center of a kitchen towel, gather up edges, and twist towel to remove excess moisture. In a large bowl, stir together potatoes, pear, onion, and eggs. Sprinkle with flour, salt, pepper and nutmeg, and toss again. Pour oil to a depth of about 1/8 inch into a large skillet and set over medium heat until hot. Working in batches, drop potato mixture by rounded tablespoons into the skillet and press down very gently to form small pancakes. Cook until browned on the bottom, 3 to 4 minutes. Flip and cook until the other side is browned and potatoes are cooked through, 2 to 4 minutes longer. Transfer to a paper-towel-lined baking sheet to drain.

Nutrition Facts (per serving):

Nutrition facts not provided as they will vary based on the amount of oil used for frying.

From Whole Foods Market
www.wholefoodsmarket.com



Sweet Potato Graham Muffins

Makes 12
Made with whole wheat flour, nonfat yogurt and hearty sweet potatoes, these muffins are a gently sweet snack.

Ingredients

- 1 1/2 cup whole wheat pastry flour
- 1 cup coarse graham cracker crumbs, divided
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 3/4 lbs. **sweet potatoes**, peeled and grated
- 3 tablespoons butter, at room temperature
- 1 container plain nonfat yogurt (6 oz.)
- 2 eggs
- 1/4 cup finely chopped pecans or walnuts

Directions:

Preheat oven to 375°F. Line a 12-muffin tin with cupcake papers; set aside. In a large bowl, whisk together flour, 3/4 cup crumbs, sugar, baking powder, baking soda and salt. Add sweet potatoes and toss until well coated; set aside. In a second large bowl, vigorously whisk together butter and yogurt for 30 seconds. Add eggs one at a time, whisking well after each addition. Add flour and sweet potato mixture and fold together until just combined. Spoon batter evenly into muffin tins, sprinkle tops with pecans and remaining 1/4 cup crumbs and bake until golden brown and cooked through, about 25 minutes.

Nutrition Facts (per serving):

Calories—190	Carbohydrate—29g
Total Fat—6g	Dietary Fiber—3g
Saturated Fat—2.5g	Sugar—11g
Sodium—310mg	Protein—4g

From Whole Foods Market
www.wholefoodsmarket.com

Beefy Sweet Potato Hash

Serves 4

This simple one-pot meal is perfect for those nights when you need something quick and delicious.

Ingredients

- 12 oz. cooked beef (steak, roast or pot roast), cut into cubes
- 1 large **sweet potato**, unpeeled, cut into cubes
- 1 medium yellow onion, chopped
- 1 tablespoon taco seasoning mix
- 1/4 cup water
- 1 tablespoon vegetable oil
- 2 tablespoons sour cream
- 1 teaspoon hot pepper sauce
- chopped cilantro

Directions:

Combine sweet potatoes, onion, and taco seasoning in large skillet over medium heat. Add water. Cover and cook until crisp-tender and water has almost evaporated (8 to 10 minutes). Stir in oil; continue cooking, uncovered until potatoes are tender and begin to brown (4 to 6 minutes). Meanwhile, combine sour cream and hot sauce in small bowl. Set aside. Add beef to potato mixture. Continue to cook 5 minutes or until beef is heated through. Garnish with cilantro, as desired. Serve with sour cream mixture.

Nutrition Facts (per serving):

Calories—329	Carbohydrate—33g
Total Fat—10g	Dietary Fiber—5g
Saturated Fat—0g	Sugar—0g
Sodium—387mg	Protein—26g

From Nutrition World
www.nutritionw.com



International author and pediatrician Dr. Jerry Kartzinel talks about **Mending Autism**

Dr. Jerry Kartzinel is a Board Certified pediatrician from California and a Fellow in the American Academy of Pediatrics. He specializes in the recovery of neurodevelopmental, chronic neuro-inflammatory diseases, and hormonal dysfunctions. Dr. Kartzinel is an internationally known author, lecturer, and clinician that has been featured on TV and radio and has helped thousands of families who have children with autism.

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