The Market Basket of the Month featured vegetable is SWEET POTATOES

Simple Serving Tips
Roasted sweet potatoes are yummy – alone or in these great combinations!

Basic Directions: Heat the oven to 425°F. Line a 9 X 13 inch baking pan with aluminum foil. Cut peeled potatoes into 1 in. pieces and toss with oil and seasonings. Spread on baking pan and roast for about 30 minutes or until browned and soft inside, turning halfway.

Sweet Potatoes and Apples: Toss together 4 cups sweet potato cubes, 1 large apple cut into 1 in. cubes, 1 T oil, ½ tsp. cinnamon and 1/8 tsp. salt. Follow basic directions above.

Root Veggies: Toss together 5 cups assorted root veggies (sweet potatoes and your choice of potatoes, turnips, winter squash, parsnips and/or carrots), 1 T oil, 2 tsp. Italian seasoning, 1/8 tsp. salt and 1/8 black pepper. Follow basic directions above.

Produce Tips
- Choose firm sweet potatoes with smooth skin.
- Avoid sweet potatoes with sprouts or bruised, soft, or moldy spots. One rotten spot can make the whole potato taste bad.
- Store potatoes in a plastic bag with holes, or a burlap bag. Do not refrigerate.

Orange Sweet Potato Pork Chops
Makes 4 servings

Ingredients
Cooking spray
Oil
4 boneless pork loin chops
2 sweet potatoes (peeled)
1 orange (sliced)
¼ tsp. cinnamon
¼ tsp. salt (optional)
¼ tsp. black pepper (optional)

Basic Directions:
1. Preheat oven to 350 degrees.
2. In a medium skillet, brown pork chops in a small amount of oil.
3. Cut sweet potatoes into 1/2-inch slices.
4. Spray a baking dish with nonstick spray. Place sweet potato slices in the baking dish and sprinkle with cinnamon. Add pork and sprinkle with salt and pepper. Top with orange slices.
5. Cover and bake for 1 hour until meat is tender. Pork is safely cooked when it has been heated to 145 degrees F, followed by a 3-minute rest.

Visit our Market Basket of the Month partners:
- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh’s Orchard & Farm Market
- Leg Up Farmers Market
- Penn Market

Nutrition Facts
Serving Size: ½ cup baked sweet potatoes (100g)
Calories 90 Calories from Fat 0

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<td>Vitamin C 33%</td>
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Let’s Move!
Fitting physical activity into a daily routine can be easy. Try these activities twice a week.

Agility Jumps: Standing on one side of a line, jump back and forth as fast as you can for 30 seconds. Repeat 5 times.

Bicep curls: Grab 2 soup or vegetable cans and try bicep curls. Hold the cans down by your side and bring them up until they touch your shoulder. Do 10 curls for a “set.” Repeat 2 more “sets.”

Shoulder Shrugs: Holding hand weights or soup cans in both hands, shrug your shoulders 10 times for a “set.” Repeat 2 more “sets.”

Just the Facts
- Sweet potatoes are actually roots of the plant, unlike regular potatoes which are underground stems.
- The Center for Science in the Public Interest ranked the sweet potato number one in nutrition of all vegetables.
- The skin color of sweet potatoes can be orange, beige, pink, red, violet, white or yellow.

Visit www.wellspan.org/marketbasket for a monthly family newsletter listing.

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view a listing of monthly family newsletters, go to: www.wellspan.org/marketbasket.