

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



Roasted Chicken & Sweet Potatoes

CHECK OUT PAGE 3!
YOU WILL FIND OTHER WAYS TO
USE SWEET POTATOES AND
ADDITIONAL SIDE DISH IDEAS.

Ingredients:

2 medium sweet potatoes
4 Tbsp. olive oil
½ tsp. pepper
1 medium broccoli head,
3-4 chicken breasts,
cubed into bite sized pieces
2 Tbsp. taco seasoning
1 tsp. garlic powder
1 Tbsp. lemon juice

Directions:

1. Preheat oven to 425°F . Line baking sheet with aluminum foil.
2. Peel and dice sweet potatoes into ½ inch pieces.
3. Add sweet potatoes to pan and drizzle 2-3 Tbsp. olive oil and sprinkle pepper over potatoes. Stir and coat until evenly coated and bake for 15 minutes.
4. Prep chicken and broccoli while sweet potatoes cook. Cut broccoli into small floret pieces to equal about two cups. Cube chicken into bite sized pieces.
5. Combine chicken with taco seasoning, garlic powder, olive oil, and lemon juice. Stir until chicken is evenly coated.
6. Remove sheet pan and add chicken and broccoli to pan. Drizzle remaining olive oil over broccoli. Replace pan in oven and bake for 10 minutes or until broccoli is tender and chicken is cooked all the way through.

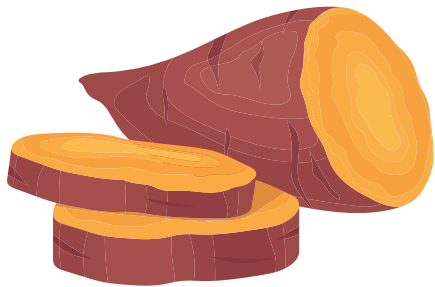
Eat what's in season... *Sweet Potatoes*

Did you know?

Sweet potatoes are edible roots but are not exactly potatoes.

They are members of the morning glory family.

Sweet potatoes are not 'yams' Yams are native to Africa and are from a different botanical group.



Sweet potatoes can be cooked in a variety of ways with a flavor that can be transformed from a sweet bite into a savory side dish. Bake them whole, slice them into fries, cube them for casseroles or roasting, and shred to incorporate into baked cooked.

Sweet potato possibilities can be endless!

Selection:

Look for small to medium sweet potatoes that have smooth, even-toned, and deep colored skin. Avoid sweet potatoes with holes.

Storage:

Sweet potatoes can be stored for 3-5 weeks in a cool, dark location. They can also be frozen, canned, or stored in a basement storage room for long-term storage.

Cheesy Chicken Broccoli Pasta

Ingredients:

1 Tbsp. olive oil

1 lb. chicken breast, cut into small bite size pieces

½ tsp. pepper or to taste

1 medium onion, chopped

2 tsp. garlic powder

8 oz. pasta, uncooked

1 cup chicken broth

2 cups milk

1 medium head broccoli, cut into small florets, (2 cups)

2 cups shredded cheddar cheese



Directions:

1. Heat olive oil in large skillet and add chicken breast. Cook for 5 minutes or until chicken is slightly brown.
2. Add onions, garlic powder, and pepper. Cook for another 2 minutes until onions are translucent.
3. Add pasta, chicken broth, milk and bring to boil. Turn to low heat, stir, cover, and let simmer for 15 minutes. Stir occasionally.
4. Uncover mixture and stir in broccoli. Continue cooking until liquid evaporates. Stir in cheese. Add additional peper to taste.

Side Dish Spotlight:

Below is an additional recipes using sweet potatoes and an idea to incorporate foods that provide Vitamin A into baked goods. Nutrient highlighted on page 4!

Sweet Potato Fries in Air Fryer

Ingredients:

- 2 med. sweet potatoes, peeled & sliced into ¼ thick sticks
- 2 tsp. olive or avocado oil
- ¼ tsp. each of: garlic powder, black pepper, salt

Preheat air fryer to 380°F. Toss sticks with oil and seasonings in large bowl until evenly coated. Cook 12 minutes, turning half way, and being careful not to overcrowd the basket.

Savory Sweet Potato Casserole

Ingredients:

- 6 cups mashed, cooked sweet potato (4 large potatoes)
- 1 Tbsp. olive or avocado oil
- 1 large onion, thinly sliced
- 1 tsp. thyme
- 1 tsp. marjoram
- 3 Tbsp. butter, melted
- 1½ cups shredded cheese
- 1/2 cup milk of choice
- 1 large egg, lightly beaten
- ½ tsp. salt
- ½ tsp. black pepper

Preheat oven to 350°F and grease baking dish. Peel potatoes and chop each into 8 cubes. Cover in water and bring to boil. Boil until tender enough to send fork through the cubes. Drain water from pot and mash potatoes. Heat oil in large skillet. Add onion, seasonings, and cook until onions are translucent. Remove from heat. Mix together potatoes, onions, butter, 1 cup of cheese, milk, egg, salt, pepper, and stir until well combined. Spoon mix into greased baking dish. Bake for 30 minutes. Remove and sprinkle with remaining cheese. Bake additional 5 minutes.

USE THIS MUFFIN RECIPE TO MAKE AT THE START OF A WEEK FOR A QUICK BREAKFAST OR SNACK OPTION!

Apple, Carrot, & Cinnamon Muffin

Ingredients:

- 1¾ cups wheat flour
- 1½ tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. baking soda
- ½ tsp. salt
- 1½ cups shredded apple
- ½ cup shredded carrots
- ¾ cup milk
- 2 large eggs
- ½ cup honey
- ½ cup avocado oil
- 1 tsp. vanilla

Preheat oven to 350°F. Line or grease muffin tin. Whisk together dry ingredients and then add shredded apple and carrots. Stir until produce is even throughout. Mix liquid ingredients in separate bowl and pour into dry mixture. Stir until dry and liquid are just incorporated.

Spoon evenly between 12 muffins and bake for about 15 minutes or until toothpick comes out clean from muffin center.

Selection, Handling, & Storage



Chicken breasts and pieces should be pink in color, never gray or transparent. The chicken's fat should be yellow or white. If it looks gray and pale, its a sign that the meat has been on the shelves for a while. Packaging of the chicken should be well wrapped and leak free. If you notice a leak or smell a foul odor, leave the package on the shelf.

Chicken needs to be cooked until it reaches an internal temperature of 165°F. Juices should run clear when cutting once chicken is done cooking.

Safety Tip: keep raw meat away from any ready to eat food items and fresh fruits and vegetables. Raw meat should always be refrigerated sit on shelves below food items listed above. Separate cutting boards/surfaces should be used to prepare these items.

Garlic bulbs should be plump and compact with tight, unbroken skin. Solid and heavy bulbs indicate freshness and usually provide stronger flavor. Keep unpeeled cloves in dark, well ventilated space at room temperature. Avoid bulbs that have dark, soft, or damp spots. Forgot garlic cloves at the store? Use one of the seasonings in your pantry by using this conversion:

1 garlic clove = 1/8 tsp. garlic powder = 1/2 tsp. garlic salt

Nutrient Profile: Vitamin A

Vitamin A is mostly known for its support in eye health.

Did you know that Vitamin A also stimulates the production and actions of white blood cells, has a role in bone remodeling, and helps regulate cell growth. Vitamin A is present in our diet as retinol and as beta-carotene that is converted into retinol in our bodies. Beta-carotene and carotenoids are found in plant foods while retinol is found in animal products and fortified foods.



Food Sources: Leafy green vegetables, orange & yellow vegetables (carrots, sweet potatoes, pumpkin), tomatoes, red bell peppers, cantaloupe, mango, fish oil, milk, eggs, fortified cereals and juices

Area 8 Health and Human Sciences Extension Educators can be found in Cass, Carroll, Clinton, Fulton, Grant, Howard, Miami, Tipton, and Wabash Counties.

Facebook: <https://www.facebook.com/PurdueExtensionHealthandHumanSciencesArea8/>