

COOKIN' IN THE COUNTRY

Dig In!

Boost kids nutrition with sweet potato recipes they'll love



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It may not be as hard as you think to get kids to eat more veggies. Sweet Potatoes are naturally sweet and delicious, so you don't have to disguise them and trick your kids into enjoying healthier foods.

Sweet potatoes, sometimes called yams, are loaded with nutrition:

- Sweet potatoes have more vitamin A than any other vegetable. Vitamin A is necessary for strong tissues and maintaining a healthy immune system.
- The sweet potato is a complex carbohydrate that contains more than one-third the recommended daily requirements of vitamin C.
- Potassium in sweet potatoes also helps maintain fluid and electrolyte balance in the body cells, as well as normal heart and nerve functions.

By adding Louisiana Sweet Potatoes (both fresh and canned) to your kids' diet, you're boosting their nutrition and helping them learn healthy eating habits. Because they're available year-round, it's easy to incorporate sweet potatoes into any meal, from breakfast to dessert.

For more recipes the whole family will want to dig into, visit the Louisiana Sweet Potato Commission's Web site, www.sweetpotato.org.

Easy Colorful Vegetable Soup

Makes 12 servings

- 1 onion, chopped
- 1 teaspoon minced garlic
- 4 cups canned low sodium vegetable broth or chicken broth
- 3 cups diced, peeled fresh sweet potatoes (yams)
- 1 16-ounce bag frozen mixed vegetables
- 2 14 3/4-ounce cans cream style corn
- 1 10-ounce can chopped tomatoes with juice
- 1 6-ounce can tomato paste
- 1 tablespoon Worcestershire sauce
- Salt and pepper to taste

In large nonstick pot coated with nonstick cooking spray, sauté onion and garlic until tender, about 5 minutes. Add broth, sweet potatoes, frozen vegetables, cream style corn, tomatoes, tomato paste, Worcestershire sauce, and season to taste.

Bring to boil, reduce heat, and cook until sweet potatoes are tender, 15 minutes.



Yamster the Hamster® encourages kids to learn more about sweet potatoes. To see Yamster and for recipes that kids can help prepare with adults, go to www.sweetpotato.org.



Lemon Sweet Potato Casserole

Makes 10 to 12 servings

- 6 cups shredded peeled sweet potatoes (yams), about 3 medium
- 2 tablespoons margarine or butter, melted
- 2/3 cup sugar
- 1 cup skim milk
- 2 large eggs
- 1/2 teaspoon ground cinnamon
- 1 4-serving box instant lemon pudding and pie filling

Preheat oven to 325°F. Combine sweet potatoes, margarine, sugar, milk, eggs, cinnamon and pudding mix in a 2-quart oblong casserole dish. Cover tightly with foil and bake for one hour. Remove foil and continue cooking 20 to 30 minutes or until top is golden brown.



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