



Sweet Potato Tips

- Choose firm, small- to medium-sized potatoes with smooth skin. Avoid cracks, soft spots and blemishes. Choose sweet potatoes with a bright, uniform color.
- Store them in a cool, dark, dry place for use within two to three weeks or at room temperature for up to a week. Avoid storing in the refrigerator, which will result in a hard center and unpleasant taste.
- Before cooking, rinse sweet potatoes with cool, running water to remove any dirt from the skin and scrub with a vegetable brush if needed. It is not necessary to peel sweet potatoes before cooking them; leaving the skins on gives you a different texture and more fiber in meals, side dishes, and snacks.
- Sweet potatoes are fat-free, low in sodium, cholesterol free, a good source of dietary fiber and potassium, and high in vitamins A and C. Taste the sweet goodness that sweet potatoes naturally have, and keep the additions like butter to a minimum. A medium sweet potato (about 2 inches in diameter and 5 inches long) is around 100 calories when baked in the skin.



Sweet Potato Patties



Mashed sweet potatoes are coated in bread crumbs and lightly fried in a pan for an easy side dish. Enjoy with a fresh green salad, and whole grain toast, or brown rice.

Yield: 6 Servings

Time: 30 Minutes

Ingredients

- 3 sweet potatoes
- 1 cup bread crumbs (crushed)
- 1 tablespoon vegetable oil

Instructions

1. Wash the sweet potatoes.
2. Bake the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the bread crumbs on a cutting board with a rolling pin or jar.
6. Put the crushed bread crumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.
9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides in the oil.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-potato-patties>



Sweet Potato Pancakes

Jazz up traditional pancakes by adding spices and sweet potatoes. Increase your fruits by topping with homemade applesauce.

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- 1 cup complete pancake & waffle mix (or 1 8-ounce package)
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- 3 teaspoons brown sugar (1 Tablespoon, packed)
- ½ cup mashed sweet potatoes (or winter squash, or pumpkin (baked or canned))
- ¾ cup water
- ¼ cup chopped nuts (optional)

Instructions

1. Combine all ingredients and stir just until large lumps disappear. Over-stirring will cause tough pancakes.
2. Pour slightly less than ¼ cup batter for each pancake onto skillet or electric griddle at 350°F-375°F.
3. When pancakes bubble around edges and towards center, sprinkle with chopped nuts (if you choose) and flip pancakes.
4. Pancake is done when bottoms are golden brown.
5. Serve with applesauce or syrup.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-potato-pancakes>



Broccoli Potato Soup

A tasty and made-from-scratch soup that comes together quickly with the help of instant mashed potatoes and powdered milk.

Yield: 4 Servings

Time: 25 Minutes

Ingredients

- 12 jumbo pasta shells (about 6 ounces)
- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- ½ cup mashed potatoes, instant (prepare with water to make 1 cup potatoes; could also use 1 cup leftover mashed potatoes.)
- salt and pepper (to taste, optional)
- ¼ cup cheddar cheese, shredded (or American)



Instructions

1. Wash hands with soap and water.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 tablespoon cheese over each serving.

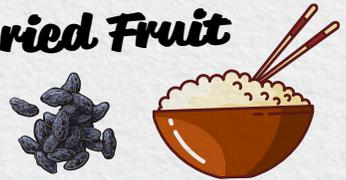
Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-potato-soup>

Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Dried fruit and sage combine to give this whole grain dish a flavor of fall, but you can enjoy it any time of the year!

Yield: 8 Servings

Time: 70 Minutes



Ingredients

- canola cooking spray (as needed)
- 1 onion (medium, chopped)
- 1 celery stalks (small, ends trimmed and chopped)
- 2 cups rice (brown, uncooked)
- 2½ cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- ¼ cup raisins (dark)
- ¼ cup apricots (dried, chopped)
- 4 walnuts (¼ cup, chopped, optional)
- 1 teaspoon sage (dried)
- 2 teaspoons sage (fresh, chopped)
- salt (to taste, optional)
- pepper (to taste, optional)

Instructions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Source: <https://snaped.fns.usda.gov/node/2542>



Crunchy Vegetable Wraps

Full of fresh and colorful veggies, these wraps are a great way to help meet your MyPlate goal of making half of your plate fruits and vegetables.

Yield: 4 Servings

Time: 15 Minutes



Ingredients

- 4 tablespoons cream cheese, low-fat
- 2 flour tortillas
- $\frac{1}{6}$ tablespoon Ranch seasoning mix ($\frac{1}{2}$ teaspoon)
- $\frac{1}{4}$ cup broccoli (washed and chopped)
- $\frac{1}{4}$ cup carrot (peeled and grated)
- $\frac{1}{4}$ cup zucchini (washed and cut into small strips)
- $\frac{1}{4}$ cup summer squash (yellow, washed and cut into small strips)
- $\frac{1}{2}$ tomato (diced)
- $\frac{1}{8}$ cup green bell pepper (seeded and diced)
- 2 tablespoons chives (chopped fine)

Instructions

1. Wash hands with soap and water.
2. In a small bowl, stir ranch seasoning into cream cheese; chill.
3. Wash and chop vegetables.
4. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
5. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
6. Chill for 1 to 2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/crunchy-vegetable-wraps>



Lemon Dill Brussels Sprouts

Try this different way to eat Brussels sprouts. The Greek yogurt combined with the dill makes the perfect creamy, fresh vegetable dish.

Yield: 4 Servings

Time: 25 Minutes

Ingredients

- 1 cup plain Greek yogurt, fat free (or low-fat)
- $\frac{1}{3}$ tablespoon dill weed (1 teaspoon)
- 1 teaspoon lemon juice
- $\frac{1}{2}$ teaspoon salt
- 2 cups Brussels sprouts, trimmed and halved lengthwise (1 pound)
- 2 teaspoons margarine or butter
- $\frac{1}{4}$ cup water

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/lemon-dill-brussels-sprouts>



Instructions

1. Wash hands with soap and water.
2. In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
3. In a large skillet over medium-high heat, sauté sprouts (cut side down) in margarine or butter until they begin to brown.
4. Stir sprouts and add water. Cover the pan and steam until the water is gone and sprouts are tender crisp, about 3 to 5 minutes.
5. Mix sprouts with lemon dill sauce. Serve warm.

Rinse fresh fruits and vegetables under warm running water, no soap needed.



Spicy Baked Squash

This side dish is perfect for a fall or winter meal. Squash cooked with cinnamon, nutmeg, and ginger creates a simple dish to accompany your favorite entrée.

Yield: 4 Servings

Time: 35 Minutes

Ingredients

- vegetable cooking spray
- 1 acorn squash
- 1 dash salt
- 2 tablespoons margarine
- 9 teaspoons brown sugar (3 Tablespoons)
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon ginger



Instructions

1. Preheat the oven to 400 degrees.
2. Coat the baking sheet with vegetable cooking spray.
3. Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into $\frac{1}{2}$ inch slices.
4. Place the squash on the baking sheet. Sprinkle with salt.
5. Melt the margarine on low heat in a small saucepan.
6. Add the brown sugar, cinnamon, nutmeg, and ginger to the saucepan.
7. Spread the margarine mix on the squash.
8. Bake for 20 to 25 minutes, or until tender.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spicy-baked-squash>



Cabbage Roll Casserole

Minute rice and canned tomatoes combined with cabbage make this a quick, easy, and healthy recipe.

Yield: 8 Servings

Time: 20 Minutes

Ingredients

- ½ pound ground beef (90% lean)
- 1 onion (chopped)
- 1 garlic clove (minced)
- 1 can (14.5 ounces) diced tomatoes, low-sodium
- 1½ cups tomato sauce, low-sodium (or tomato juice)
- 1½ cups water
- ¼ cup minute rice (brown)
- 1 cabbage head (small to medium, chopped in bite-sized pieces)

Instructions

1. Wash hands with soap and water.
2. Brown ground beef in a skillet with onion and garlic. Drain off any fat.
3. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage. Cook until cabbage is almost tender.
4. Add minute rice and cook five minutes longer. Serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cabbage-roll-casserole>



Mozzarella Chicken with Garlic Spinach

Chicken, mozzarella, and spinach seasoned with garlic make this an easy and delicious dinner.

Yield: 8 Servings

Time: 35 Minutes



Ingredients

- 8 chicken breast halves (small, skin and bone removed)
- ½ cup bread crumbs (Italian seasoned, crushed)
- 8 ounces mozzarella cheese, part skim (shredded)
- 1 tablespoon canola oil
- 4 cloves garlic (minced)
- 2 packages spinach leaves

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Place chicken between 2 sheets of plastic wrap; pound chicken to ¼ inch thick.
4. Coat chicken with bread crumbs and place on foil-covered baking sheet. Discard remaining bread crumbs. Bake 10 minutes.
5. Top chicken with cheese; bake 4-5 minutes until cheese is melted and chicken reaches an internal temperature of 165 degrees F.
6. Meanwhile, heat oil in a large skillet on medium heat. Add garlic and stir 1 minute.
7. Add half the spinach and cook 1 minute.
8. Add remaining spinach. Cook until wilted, turning occasionally. Serve with chicken.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mozzarella-chicken-garlic-spinach>

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