Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Sweet Ways to enjoy Sweet Potatoes!

Sweet potatoes are often avoided because of belief their carbs are bad for blood sugar. But sweet potatoes are full of fiber, which regulates blood sugar and aids digestion. They're also rich in beta carotene, folate, Vitamins A, B & C, plus iron and potassium. Many of these nutrients help to boost immunity and protect the heart from inflammation.

To boost wellness, try these delicious ways to sneak some more veggies into your family's routine. This taco salad is a quick, tasty twist for Taco Tuesday. And they'll never believe this ice cream is so nutritious! Give them a try. I'm confident you'll find some new recipes to include in your family's menu plans.

Roasted Sweet Potato Taco Bowls

Ingredients:

- 2 small, sweet potatoes, peeled & diced
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- 1/2 tsp. cumin
- 1/4 tsp. garlic powder
- 1/4 tsp. salt
- 1 pkg. Southwest chopped salad kit
- 1 avocado, chopped
- 1 cup low-sodium black beans drained, rinsed
- 1/2 cup frozen sweet corn thawed
- 1/2 cup chopped tomatoes

Recipe and image courtesy of HealthyFamilyProject.com.

Directions:

1. Preheat oven to 400°F
2. Toss potatoes in oil, chili powder, cumin, garlic powder and salt. Add to the baking sheet and bake 15-20 minutes, flipping halfway through, until tender.
3. Assemble salad kit with included toppings and dressing. Top it with sweet potatoes, avocado, black beans, corn, and tomatoes.

No Churn Chocolate Sweet Potato Ice Cream

Ingredients:

- 3/4 cup sweet potato, cooked & mashed
- 1 can (13-1/2 oz.) light coconut milk, room temp & shaken
- 1/2 bag (5.75 oz.) chocolate chips
- 1/2 Tbsp. vanilla extract
- 1/4 tsp. salt

Recipe and image courtesy of HealthyFamilyProject.com.

Directions:

1. Add the mashed sweet potato, coconut milk, vanilla, and salt to your favorite blender.
2. Following the instructions on the bag of chocolate chips, melt the chocolate chips.
3. Add the melted chocolate chips to the blender.
4. Blend until smooth and mixed thoroughly.
5. Pour the sweet potato/chocolate mixture into a loaf pan.
6. Cover with plastic wrap and place in the freezer.
7. Every 30 – 45 minutes stir the chocolate mixture; the edges will start to freeze first, and you will want to stir that in to insure an even creamy texture. Do this at least 3 times.
8. Your ice cream will be ready to enjoy in about 3 – 4 hours. If you freeze your homemade ice cream overnight, you will need to allow it to thaw on the counter for about 5 mins so that it is soft enough to scoop.