



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

Dietitian's Dish

Are You on Team Potato or Sweet Potato?

No matter the type of potatoes they both have many valuable nutrients.

- Potassium for heart, muscle, and nervous system health
- Fiber for digestive, heart and cancer protection
- Vitamin C for immune health
- Vitamin B6 for mood, appetite, and sleep benefits

Check out HealthyFamilyProject.com for a variety of delicious plant-forward recipes for your holiday or everyday meals. If you're looking for ways to use up leftover potatoes or sweet potatoes or just a new way to enjoy them, try these tasty, single-serving recipes. They're a great way to control your portions so you don't overindulge. The family will love them so much that you might just find some new recipes for your festive traditions!

Baked Cheesy Mashed Potato Bites

Ingredients:

- 2 medium russet potatoes, peeled and cubed
- 3 large eggs
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup chopped broccoli, steamed

Recipe (edited) and image courtesy of HealthyFamilyProject.com.

Directions:

1. Add potatoes to medium pot. Add enough cold water to cover potatoes. Bring to a boil over high heat, reduce heat to medium and simmer 10 minutes, or until potatoes are tender.
2. Preheat oven to 400°F. Spray muffin tin with non-stick cooking spray. Set it aside.
3. Combine potatoes, eggs and cheese in a medium bowl. Mash until smooth. Gently stir in broccoli. Season with salt and pepper, to taste.
4. Divide into 6 muffin tins for large bites, or 12 for smaller potato bites. Use mini muffin tin if desired.
5. Bake for 20 minutes (or less for smaller bites). Serve immediately or freeze for later.



Healthy Sweet Potato Muffins

Ingredients:

- 1 cup mashed sweet potato
- 2 cups all-purpose flour
- 1/3 cup vegetable oil
- 1/3 cup honey
- 2 eggs
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- 1/2 tsp. salt
- 1/2 cup Mini chocolate chips

Directions:

1. Preheat oven to 350°F. Prepare a muffin tin with non-stick cooking spray and set it aside.
2. Add mashed sweet potatoes, oil, honey, eggs, and vanilla extract to a bowl and mix.
3. Use a separate bowl to mix flour, baking powder, baking soda, cinnamon and salt.
4. Add dry ingredients to the wet ingredients bowl and fold the mix until it's fully combined. Fold in chocolate chips.
5. Scoop batter into the muffin tin. Bake for 20-25 minutes or until the muffins are golden.



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