On Thursday Nov. 17, 2016
Smashed Yams (sweet potatoes) will be served in the cafeteria as part of school lunch. Encourage your students to taste them!

Teachers will receive:
- Family newsletters to send home
- Stickers to give students following the tasting

Please have students complete the activities in the workbook!
Check out recipes on the back.

Sweet Potatoes vs. Yams
We tend to call sweet potatoes “yams” and visa versa. The truth is that a yam is a starchy edible root of the Dioscorea genus. It is rough and scaly and very low in beta carotene (Vitamin A). Sweet Potatoes are root vegetables from the Morning Glory family. Their flesh can vary from white to orange to purple and are high in Vitamin A.

WELLNESS WATER OF THE MONTH...
Try it warm or cold!

Harvest of the Month — What’s Next?

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<th>Winter Squash</th>
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<td>Citrus</td>
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For more resources, visit our website: www.healthiersf.org/nutrition
INGREDIENTS
- 2 pounds sweet potatoes, peeled
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper

PREPARATION
1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

Sweet Potato Apple Bake
Serve with frozen yogurt for a special treat.

INGREDIENTS
- 1 pound sweet potatoes (about 1 large sweet potato), peeled and cut into chunks
- ½ cup unsweetened 100% apple juice
- 2 apples, peeled and cut into chunks
- ½ teaspoon vanilla extract
- 1 tablespoon butter, melted
- ⅛ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 2 tablespoons brown sugar

PREPARATION
1. Place an oven rack in the middle of the oven. Preheat oven to 400°F.
2. In a large bowl, mix all ingredients.
3. Spray a 9 x 9-inch glass baking dish with nonstick cooking spray. Pour mixture into baking dish.
4. Bake until sweet potatoes are tender, about 45 minutes. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.

Sweet Potato Hash
This savory and sweet side dish is sure to be a breakfast favorite.

INGREDIENTS
- ¼ cup vegetable oil
- 2 cups frozen or fresh chopped bell peppers and onions
- 2 pounds sweet potatoes (about 2 medium sweet potatoes), peeled and cut into small cubes
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

PREPARATION
1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.