

March 8, 2021

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## Recipe of the Week:

### Sweet Potato & Spinach Hash with Fried Eggs



#### Ingredients:

3 sweet potatoes  
3 tablespoons oil  
3 cloves garlic, chopped (or 1 teaspoon garlic powder)  
1 onion, diced  
1 red bell pepper, diced (optional)  
Salt & pepper, to taste  
4 cups spinach  
1 tablespoon butter  
4 eggs

#### Directions:

1. Preheat oven to 400 degrees.
2. Place sweet potatoes on a baking sheet, pierce with a fork, and roast until tender – but not done (about 30 minutes). Take out of the oven and let cool. Cut into cubes, set aside.
3. In large skillet, heat oil over medium heat. Add onions and peppers and cook until soft. Add the diced sweet potatoes and season with salt and pepper. Keep cooking, stirring occasionally, until potatoes are cooked through.
4. Turn heat to low and stir in the spinach.
5. In another large skillet (or set sweet potatoes and spinach on a plate to clear the other skillet), melt butter and fry the eggs over medium-high heat until whites are set.
6. Serve fried egg on top of hash. Enjoy!



*Adapted from foodnetwork.com*

*the Fresh Food Rx*

# Food Connection



## All About *Sweet Potatoes*



### Did you know?

- The rich orange color of sweet potatoes gives anti-inflammatory benefits and may play a role with preventing different diseases.
- Sweet potatoes are a type of starchy vegetable, which can cause an increase blood sugar – but they do not seem to increase blood sugar as much as regular white potatoes. It's best to eat them as part of a meal with some protein included.



### Storing Sweet Potatoes:

- They will last longest if you keep them in a cool, dry place.
- They may not last as long as you think, so plan to use them within about a week.

### Cooking Sweet Potatoes:

- You can microwave a sweet potato by washing, patting dry, then piercing with a fork a few times before setting on a plate. Microwave for 5 minutes, then check to see tenderness. Microwave another 30 seconds if necessary.
- If you boil sweet potatoes, leave the skins on because they have lots of nutritious benefits too!

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