Food Rx Connection



March 8, 2021

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Recipe of the Week:

Sweet Potato & Spinach Hash with Fried Eggs

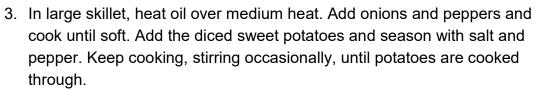


<u>Ingredients</u>:

- 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.



- 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.
- Serve fried egg on top of hash. Enjoy!

Adapted from foodnetwork.com

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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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