

Salisbury Central Kitchen Chronicles

Volume 1, September 2014



**SWEET
POTATOES
are a
SWEET
TREAT!**

**Baked,
Mashed,
Steamed,
Stuffed,
Love them
taters,
can't get
enough!**

Welcome to Our Kitchen

What exactly is the SCS Kitchen Chronicles? At heart, it's a way of bridging the distance between your dining room table and the school cafeteria, because when we partner together, we can help our children develop a broad palate for healthy foods. Each month, we'll spotlight an ingredient on our school menu, offer related recipes to try at home, and include some fun food facts, and nutritional information. We might visit other countries, read a little poetry, or tell a few jokes along the way. And maybe we can start sharing how and what we're cooking with our families as a way of strengthening our community and our healthy eating habits at the same time. So join us at the table. The kitchen is open and it's time to dig in!

Question: What do you get when you cross a sweet potato with a jazz musician?
(Answer on back.)

Baked Sweet Potatoes with Brown Sugar and Black Pepper

From Saveur.com

Serves 4

Ingredients

4 sweet potatoes
4 Tbs. unsalted butter
4 Tbs. brown sugar
Fresh-ground black pepper
Kosher salt, to taste

Instructions

Heat oven to 425°.

Place sweet potatoes on a foil-lined baking sheet and bake until soft, about 1 hour and 15 minutes.

Remove potatoes from oven and allow to cool for 10 minutes.

Split potatoes open and put 1 tbsp. butter and 1 tbsp. sugar into each potato.

Season (to taste) with black pepper.

Finish with kosher salt to taste.

Yams vs. Spuds

Although sweet potatoes are often called yams in this country, the two tubers are not biologically related. Yams are relatives of lilies and grasses and are native to Africa and Asia. They are dry and starchy and can weigh up to 100 pounds each! Sweet potatoes are members of the morning glory family and are native to South America. The varieties fall into two categories based on the texture of their flesh: wet and dry. NC, CA, MS, and LA are the main producing states.

Don't Be a Food Snob!

A 2010 study with 9 and 10 year olds found that repeated exposure to vegetables increased a liking for them, after 9 or 10 tries. So be patient, and don't snub your veggies—they'll grow on you! (Not literally, of course.)

Yam

by *Bruce Guernsey*

The potato that ate all
its carrots, can see in the
dark like a mole,

its eyes the scars from
centuries of shovels,
tines.

May spelled
backwards because it
hates the light,

pawing its way, padding
along, there in the
catacombs.

SWEET Potato



Quinoa, Kale, and Sweet Potato Salad

From bojongourmet.com
Serves 6

Ingredients

2 large sweet potatoes, cut into 1" chunks

5 Tbs. olive oil

Kosher salt

1 large bunch of kale (black/dino)

1 tsp. powdered cumin

1/2 cup chopped parsley

2/3 cup dried cranberries

2/3 cup toasted pecans, chopped

Juice of one lemon

Instructions

Preheat oven to 400 degrees.

Toss sweet potatoes with 2 Tbs. olive oil and salt, and spread on baking sheet. Roast for 40 minutes, until golden and tender. Set aside to cool.

Soak quinoa in a bowl of water for 5-10 minutes. Drain quinoa and rinse with cool water. Place quinoa in medium saucepan with 1 1/2 cups water and 1/2 tsp. sea salt. Bring quinoa to a simmer, cover, and reduce heat. Simmer until water has cooked away. Off heat, steam quinoa for an additional 10 minutes and fluff with fork.

Wash kale and remove tough center ribs. Slice kale into ribbons and place in colander in sink. Boil water and pour over kale to soften. Rinse kale with cold water to stop cooking and squeeze to drain.

In a bowl, toss potatoes, quinoa, kale, remaining olive oil, lemon juice, cranberries, parsley, pecans, and salt to taste. Serve warm.

Eat **BOLD**.
Eat **BRAVE**.
Put on your
Adventure
Food Pants!

Mission Nutrition

If you think there's only one type of sweet potato—the orange kind—you'd be totally missing out! There are at least 400 varieties, 16 or more of which are grown in the U.S., including **purple** sweets! Sweet potatoes are a good source of beta-carotene, Vitamin A, anti-oxidants, anti-inflammatories, and blood sugar regulators. When you eat sweet potatoes, you're doing good things for your skin, vision, bones, joints, tummy...and more!

Culture Corner

Recent research indicates that sweet potatoes traveled from the west coast of South America to Polynesia around 400 years before Columbus reached the Americas...suggesting that there might have been oceanic traffic between South Americans and Pacific Islanders before western explorers even hit the high seas!

Answer: A *yam* session!

Photo credit: Ted Aljibe/AFP/Getty Images via NPR's "The Salt."

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