

Harvest of the Month

Rosemary



FUN FACTS:

Rosemary is a perennial herb with fragrant, flat evergreen, needle-like leaves. It has a bittersweet, lemony, slightly piney flavor that makes a fine tea!

Rosemary helps aid in improving digestion, and enhancing memory and concentration.

Adding a few sprigs to your olive oil gives it extra flavor. Pair rosemary with roast chicken, lamb, pork, and beef. It is delicious in soup, vegetables, baked goods, and butter.

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Enjoy the Holiday Season to the Fullest

The holidays are quickly approaching, and many will struggle to maintain a healthy lifestyle with the extra demands financially, professionally, and socially. Here are a few tips on how to enjoy the holiday season to the fullest, while looking out for your health:

- **Take care of yourself** – slow down, place a priority on sleep, avoid taking on too much, make private time and spend time with people you love.
- **Let the holiday spirit move you** – make family time active, fit regular exercise in even if it's less than usual and reduce calories throughout the week (cut soda daily for a week = 980 calories).
- **Keep realistic holiday health goals** – don't expect to lose weight, maintenance is realistic.
- **Continue to eat nutritious foods** – avoid getting into the fast-food routine, remember moderation is key, socialize away from the buffet table and enjoy the holiday's best offering.
- **DON'T save the best for last** – even if you fill up on appetizers, you'll rarely have the strength to say no to the holiday treat you've been anticipating all night.

Let's enjoy everything wonderful the holiday season has to offer, while maintaining a healthy lifestyle!

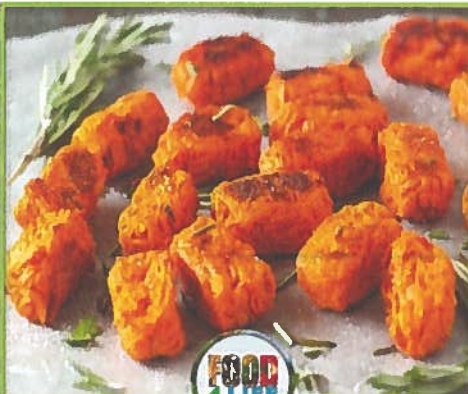
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HARVEST OF THE MONTH RECIPE—NOVEMBER

~ featuring rosemary ~

Sweet Potato Tots with Rosemary and Sea Salt

Crispy on the outside, tender on the inside. These sweet potato tots are oven baked (not fried) making them the perfect healthy snack or side dish, gluten-free, paleo, vegetarian, and vegan as well!



RECIPE YIELD: 5 servings

RECIPE NUTRITION SNAPSHOT ~ 1 serving
55 calories, 0g total fat, 0g saturated fat,
0g trans fat, 0mg cholesterol, 470mg sodium,
23g carbohydrate, 1.5g fiber, 1g protein, 2g sugar

- 2 medium sweet potatoes
- 1 tsp sea salt and sprinkle more for garnish
- 2 tsp garlic powder
- 1 Tbs minced fresh rosemary
- drizzle olive oil
- ketchup for dipping

1. Preheat oven to 450°F. Line a baking sheet with parchment paper.
2. Bring water to a boil in the medium-size pot. Peel sweet potatoes and cook for approx. 12-15 minutes (you want potatoes to be parboiled, soft enough to pierce with a fork but still slightly firm). Drain and cool.
3. Once potatoes are cool to touch, grate on a box grater. Sprinkle with salt.
4. Form into "tots" approx. 1 inch in size.
5. Place on lined-baking sheet. Drizzle (or spray) tots with the olive oil. Cook 30 minutes, turning tots halfway through cooking.
6. Sprinkle with fresh rosemary and sea salt. Serve immediately with ketchup for dipping.

For crispier tots, place under the broiler for a few minutes until golden brown.

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