

HEALTHY to a "T"

November 2024

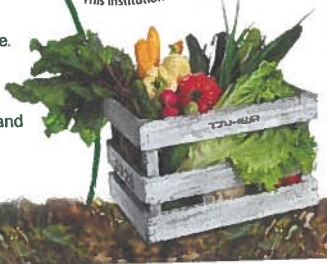
Harvest of the Month

Sweet Potato



FUN FACTS:

Native to Central America, sweet potatoes are one of the oldest vegetables known to man. Sweet potatoes are large sweet tasting edible roots, that can be orange, white or even purple. North Carolina is a major producer. The sweet potato is a Nutritional All-Star. It helps make your eyes strong and your heart and muscles work better. Eat the skins, too!



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Yoga – Mental, Physical, and Health Benefits

Exercise fads come and go, but virtually the most enduring exercise lifestyle, yoga, has been around for more than 5,000 years because of the benefits beyond the mat.

There are many styles of yoga, with Hatha being the most popular in the United States. Hatha is more physical with attention to the breath, rather than a meditative form. The goal of any yoga practice is to challenge yourself physically, but not feel overwhelmed. This 'edge', is where one can focus on your breath and calm your mind.

Yoga does not only improve flexibility and strengthen muscles; it also increases one's inner awareness and mindfulness while reducing anxiety and stress. One's mindfulness on the mat leads to mindfulness on our dinner plates, which is an essential part of healthy weight management and leads to positive relationships with food. Studies have also shown yoga can decrease the risks of Type 2 diabetes, heart disease, and hypertension and possibly improve outcomes in individuals with cancer, arthritis, and depression.

Since there are many types of yoga, select a style that best fits your personal preferences, lifestyle, and body that helps bring calm and mindfulness to your busy life.

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Loaded Sweet Potato Skins

4 servings - 2 skins each

- 4 small, sweet potatoes
- 2 Tbs olive oil
- 4 ounces Cheddar Cheese, grated.
- 2 slices of bacon cooked and crumbled.
- ¼ cup chopped green onions
- ¼ cup plain Greek yogurt
- ¼ tsp Kosher Salt

NUTRITION SNAPSHOT: 2 halves serving size, 225 calories, 17 g total fat, 6.5 g saturated fat, 0 g trans fat, 37 mg cholesterol, 336 mg sodium, 7 g carbohydrate, 1 g fiber, 2.5 g sugar, 0 g added sugar, 10 g protein



HARVEST OF THE MONTH RECIPE - November

- Sweet Potato -

Preheat oven to 400.

1. Cut sweet potatoes in half lengthwise, set on a baking sheet, and bake cut side up for 30-40 minutes. Remove from oven and let cool. Once cool enough to handle, scoop out sweet potato flesh, leaving just the slightest bit in the skin. Save the flesh for mashed sweet potatoes or other uses.
2. Flip skins over so skin side is up. Brush with olive oil and sprinkle with sea salt, then bake for 10 minutes. Flip, brush insides with olive oil, and bake for 10 more minutes.
3. Remove skins and place a sprinkling of cheese in each, topping with bacon. Place back in the oven for 2-3 minutes, or until cheese is melted. Remove and top with green onions and Greek yogurt.

