



The Geneva School

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November 20, 2015

CRANBERRIES & SWEET POTATOES

Today students in grades 2-6 had a chance to taste cranberries and sweet potatoes. While holiday table favorites, these brightly colored



foods are not always kids' favorites, but should be!

Cranberries are rich in antioxidants and phytonutrients that may protect against heart disease and cancers. Their proanthocyanidines (PAC's) prevent adhesion of certain bacteria that cause

urinary tract infections, gum disease, and plaque formation on teeth. Sweet potatoes are high in dietary fiber, have a low glycemic index to regulate blood sugar, and are packed with antioxidants, minerals, and Vitamins A, C, E, and several B vitamins.

Fresh cranberries can only be bought in the fall, but they can be frozen and this recipe can be made using the frozen berries (no thawing needed) for a refreshing summer salad!

Sweet potatoes can be bought fresh all year round. They are delicious and easy to prepare by baking, roasting, and even microwaving.

Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success:
Ann Alilin, Amy Frost,
Alli Hendrix, and Leslie Stander

Mrs. Jones's Cranberry Orange Salad

12 oz. bag of fresh cranberries

1 organic orange

$\frac{3}{4}$ cup sugar

- Wash the cranberries; remove any stems and discard the bad berries.
- Wash the peel of the orange, then cut orange into 8 pieces, leaving the peel.
- Place the cranberries and orange pieces into a food processor and grind.
- Place in bowl and mix with sugar.
- Refrigerate for at least 2 hours before serving. Can be made up to a week ahead.

Serves 10 with $\frac{1}{4}$ cup servings

Honey Roasted Sweet Potatoes

4 sweet potatoes

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup raw honey

2 tsp. cinnamon

1 tsp. salt and $\frac{1}{2}$ tsp. pepper

- Preheat oven to 375 degrees.
- Peel the sweet potatoes and cut them into small cubes, place on a baking sheet (lining the baking sheet with heavy duty foil will make clean up a breeze!)
- Drizzle sweet potato pieces with the oil and honey, then sprinkle with the cinnamon, salt, and pepper. Toss to mix.
- Roast in the oven for 30 min., stirring once after 15 min.
- Remove from oven. Drizzle a little more oil over the potatoes and serve immediately.

Serves 6