

Dietician's Corner

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SWEET POTATOES

By Amanda Thul, RD, LD

Have you ever heard that sweet potatoes are healthier than white potatoes? The truth is one type of potato is not healthier than the other but each type gives our bodies different nutrients. Thanks to the brilliant orange color, we know sweet potatoes are a rich source of beta-carotene. Beta-carotene is a phytochemical (plant chemical) that is responsible for giving fruits and vegetables their yellow and orange pigments. In our bodies, beta-carotene is converted into vitamin A. Protecting cells from damage, promoting vision health, bone development, and supporting the immune system are all vital functions that vitamin A assists with. Along with vitamin A, sweet potatoes also contain vitamin C, fiber, potassium, and B6.

Try this Scalloped Sweet Potatoes and Apples recipe, by Healthy Family Project, for a cozy side or festive holiday dish.

SCALLOPED SWEET POTATOES AND APPLES

- 2 pounds sweet potatoes peeled, thinly sliced
- ½ teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 3 medium apples cored, chopped
- 1 large sweet onion chopped
- 2 tablespoons flour
- 1 teaspoon lemon juice
- 1 cup heavy cream
- 1 cup unsalted chicken stock

DIRECTIONS:

- Preheat oven to 350F. Lightly grease a 13×9-inch baking dish.
- Toss sweet potatoes with salt, pepper, nutmeg and cinnamon in large bowl.
- In separate bowl, toss apples, onion, flour and lemon juice.
- Spread half of sweet potatoes in single layer in baking dish. Top with apples and onions. Arrange remaining sweet potatoes on top in overlapping pattern.
- Mix cream and stock. Pour over sweet potatoes.
- Cover with foil and bake 30 minutes. Increase heat to 425F and remove foil. Bake 20-25 minutes, or until tender and lightly browned on top.

Have More Questions?

I'd love to help you weed through the nutrition pseudoscience and get to the answer.

Reach me at the hospital at 515-332-7608.

