PAN-ROASTED SWEET POTATOES & BLACK BEAN MEDLEY

Culinary Intro:	This simple recipe includes few ingredients, but is packed with flavor.
Nutrition Intro:	This recipe is also packed with nutrients such as dietary fiber, proteins, and phytonutrients, but low in dietary fats.

Intro: fats.				
Prep Time: 30 minutes Ingredients for 4 servings: Each serving = 1 cup Cost per serving=\$0.95 • 1 medium sweet potato, about 1 ½ pounds in weight • 1 Tablespoon extra-virgin olive oil • ½ teaspoon ground cumin		Culinary/ Nutrition Notes for Demo: Culinary: sweet potatoes are budget-friendly food with a natural sweetness Nutrition:		
 ½ teaspoon paprika ½ teaspoon ground chile powder 1 small bunch green onion, sliced on the diagonal 2 cups spinach, chopped 1 15-ounce can black beans, rinsed and drained Steps: Peel and chop sweet potatoes into small dice. Heat a large skillet over medium-high heat. Add 	1	 Sweet potato is a rich source of dietary fiber, vitamin A, and potassium. Its vibrant orange color is due to the concentration of betacarotene found in sweet potatoes. Lower glycemic index compared to white potatoes, same amount of calories however more fiber is found in sweet potatoes. Great alternative for patients with diabetes. 		
 Heat a large skillet over medium-nigh heat. Add the extra virgin olive oil and let warm, about 30 seconds. Add sweet potatoes. Season with cumin, paprika, and ground chile, and allow sweet potatoes to brown before stirring. Cook until sweet potatoes are cooked through, about 10 minutes, stirring occasionally. Watch the heat and adjust so that potatoes do not burn. Once potatoes are cooked through, add the green onion and cook to soften them up a bit. Add the spinach and allow to wilt slightly. Stir in the black beans, then serve. 	2	 Culinary: extra virgin olive oil can be used for everyday home cooking (up to 325°F/350°F) to take advantage of the wonderful flavors that olive oil brings, use in salads or as a finishing sauce for steamed veggies or poached fish the flavor of evoo depends on the types of olives used and the climate of these olives Nutrition: Extra virgin olive oil is high in monounsaturated fatty acids, also called heart-healthy oils, because they may reduce the risk factors associated with heart disease. Olive oil labeled "light" is lighter in flavor not calories. Adding a heart-healthy fat such as extra-virgin olive oil boosts the absorption of the fat-soluble phytonutrients found in the plant foods, for example the beta-carotene in sweet potato. 		
	3	 Culinary: spices can enhance the flavor of a dish spices can be kept in the pantry for up to 6 months check if your local store sells dried herbs & spices in its bulk foods section→great way to try out new spices Nutrition: Adding aromatics to meals is a great way to enhance flavor without adding extra sodium, fats, or sugar to meals. Paprika is a type of spice packed with nutrients since it comes from the fruit capsicum pepper, commonly called bell pepper; one table spoon is loaded with carotenoids and vitamin E (10% DV). 		

Nutrition Serving Size 1 c	up (2	 87g)					
Servings Per Container 4 servings							
Amount Per Serving							
Calories 300	Cal	ories fron	n Fat 35				
		% Da	aily Value*				
Total Fat 4g			6%				
Saturated Fat		0%					
Trans Fat 0g	Trans Fat 0g						
Cholesterol 0mg	0%						
Sodium 210mg	Sodium 210mg						
Total Carbohyd	rate	61g	20%				
Dietary Fiber	13g		52%				
Sugars 10g							
Protein 9g							
V			2.450/				
Vitamin A 580%		Vitamin (
Calcium 8%	•	Iron 15%					
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500							
Saturated Fat Less Cholesterol Less Sodium Less Total Carbohydrate Dietary Fiber Calories per gram:	s than s than s than s than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g				

Culinary:

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- when cooking, watch the temperature
- canned beans can be a great addition to the pantry → can be added to salads or soups, pureed for taco fillings, etc.
- rinse and drain to get rid of excess sodium and preservatives

Nutrition:

- Beans nutritional highlight is that they are a rich source of protein and dietary fiber, but low-fat and cholesterol-free.
- Great source of protein for those who prefer a plat-based diet. Combining beans and rice in the same meals makes a complete protein.
- One cup of black beans provides about 15g. of fiber.
 Consuming adequate amounts of fiber may help keep healthy blood sugar and insulin levels, which makes it beans a legumes a diabetes-friendly food.
- ½ cup provides almost 50% of iron recommendation.

Clean-up/Review comments

Culinary:

This is a versatile recipe that can be used in many preparations: use as a filling for tacos, enchiladas, or quesadillas. Add some chicken or veggie broth for a quick soup, or use leftovers in salads.

Nutrition:

This recipe is rich in dietary fibers which are associated with promoting digestive health.

GF, NF, HF, DF, V, vegan, LS, LF, NAS

Materials	Shopping List	Qty.
 1 cutting board 1 Chef's knife 1 bowl for trash mise en place cups silicone spatula electric skillet can opener extension cord 1 sieve/ colander measuring cups measuring spoons paper plates/ cups/ soufflé cups paper towels tablecloth 	Produce ☐ 1 sweet potato (about 1 ½ pounds in weight) ☐ 1 bunch green onion ☐ 1 bunch spinach Dry Goods ☐ 1 15-ounce can black beans	
15. kitchen towel16. gloves17. copies of recipe	Condiments ground cumin ground paprika ground chile powder extra-virgin olive oil Paper Goods plates/ bowls, forks, napkins	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce/ Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour