

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.

<p>Prep Time: 30 minutes Ingredients for 4 servings: Each serving = 1 cup Cost per serving=\$0.95</p> <ul style="list-style-type: none"> • 1 medium sweet potato, about 1 ½ pounds in weight • 1 Tablespoon extra-virgin olive oil • ½ teaspoon ground cumin • 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 <p>Steps:</p> <ol style="list-style-type: none"> 1. Peel and chop sweet potatoes into small dice. 2. Heat a large skillet over medium-high heat. Add the extra virgin olive oil and let warm, about 30 seconds. 3. Add sweet potatoes. Season with cumin, paprika, and ground chile, and allow sweet potatoes to brown before stirring. 4. Cook until sweet potatoes are cooked through, about 10 minutes, stirring occasionally. Watch the heat and adjust so that potatoes do not burn. 5. 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. 	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • sweet potatoes are budget-friendly food with a natural sweetness <p>Nutrition:</p> <ul style="list-style-type: none"> • Sweet potato is a rich source of dietary fiber, vitamin A, and potassium. • Its vibrant orange color is due to the concentration of beta-carotene 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.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • 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 <p>Nutrition:</p> <ul style="list-style-type: none"> • 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	<p>Culinary:</p> <ul style="list-style-type: none"> • 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 <p>Nutrition:</p> <ul style="list-style-type: none"> • 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). 	

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. mise en place cups 5. silicone spatula 6. electric skillet 7. can opener 8. extension cord 9. 1 sieve/ colander 10. measuring cups 11. measuring spoons 12. paper plates/ cups/ soufflé cups 13. paper towels 14. tablecloth 15. kitchen towel 16. gloves 17. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 sweet potato (about 1 ½ pounds in weight) <input type="checkbox"/> 1 bunch green onion <input type="checkbox"/> 1 bunch spinach 	
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 15-ounce can black beans 	
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> ground cumin <input type="checkbox"/> ground paprika <input type="checkbox"/> ground chile powder <input type="checkbox"/> extra-virgin olive oil 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> plates/ bowls, forks, napkins 	
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • 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 <p>Estimated time for preparation: ½ hour</p>		