



Brockton Public Schools

April 2017

Harvest of The Month Potatoes

Healthy Serving Ideas:

- Try fingerling, or baby potatoes - no need to cut them, just wash, dry and toss with olive oil & salt and bake at 400 for 20 minutes
- Make a baked potato bar at home. Include broccoli, cottage cheese or greek yogurt, salsa, bell peppers, cheddar cheese.
- Make orange mashed potatoes - boil cubes of potatoes and carrot slices. Mash with some low sodium chicken broth.

Fun Facts:

- Sweet potatoes and white potatoes are from different plant families. Sweet potatoes are in the morning glory family and white potatoes are in the same family as eggplants and tomatoes.
- Potatoes were the first vegetable to be grown in space (1995). The average American eats 124 pounds of potatoes per year. (German people eat twice as much)

Potato Tips:

- Look for firm potatoes with smooth skin and without sprouts. Avoid potatoes with green coloring.
- Store potatoes in a cool, dark, and dry place. Not the refrigerator! Place them in a plastic bag with holes. Wash potatoes thoroughly before eating.

Probiotics Vs Prebiotics



Probiotics have been widely talked about for many years, some of you may even aim to get probiotics into diet already! They are often referred to as “friendly” or “good” bacteria, and this is exactly what they are. The National Center for Complementary and Alternative Medicine defines probiotics as live microorganisms— usually bacteria, but they also can include microbes such as yeast— that people can ingest to increase the population of desirable bacteria in the gut. Probiotics are in foods like yogurt, kefir, kimchi, sauerkraut, miso, and tempeh.

Prebiotics, are a little less known, but just as important! Prebiotics are probiotic promoters, serving as fuel for good bacteria, which help the microbiome to support gastrointestinal health. Prebiotics are components of non-digestible fibers. Foods with high amounts of prebiotics include chicory, garlic, leeks, onion, and asparagus. They're also found in lesser amounts in bananas, whole wheat, yams, and sweet potatoes.

Bottom line: increase your intake of foods rich in probiotics and prebiotics to have a healthier gut!



Garden Veggies

Eating garden fresh food is not only delicious, it's nutritious. April is National Gardening Month, and gardening is a great family activity that will bring fresh produce or herbs right to your kitchen. If you have space for a small backyard garden, try growing a few vegetables like tomatoes, cucumbers, carrots and herbs. You can even plant tomatoes in containers and watch them grow or try growing some herbs in small pots on a windowsill where they get plenty of light.

Garden fresh vegetables taste great fresh in salsas, salads or grilled. Toss together your favorite garden greens like spinach, kale or arugula, add in cherry tomatoes, carrots, & cucumbers and top with a home-made vinaigrette. You'll be amazed at how much you and your family will enjoy food you grew yourselves.

Cilantro Lime Roasted Vegetables

Ingredients:

- 2 cup Zucchini Squash, Julienne
- 1 cup Carrots, Julienne Sliced
- 1 cup Green Bell Peppers, Sliced
- 1/2 cup Red Bell Peppers, Sliced
- 3/4 cup Red Onion, Sliced
- 1 tsp Vegetable Oil
- 1 tsp Chopped Cilantro
- 3/4 tsp Lime Juice
- 1/8 tsp Ground Cumin
- 1/8 tsp Chili Powder
- 1 1/3 TBSP Plain Yogurt

Directions:

1. Wash all produce. Cut vegetables julienne style.
 2. Place vegetables on a greased sheet pan
 3. Combine cilantro, lime, juice, spices, and yogurt in a bowl and mix thoroughly
 4. Pour dressing over vegetables
 5. Let vegetables marinate for 30 minutes
 6. Place in oven at 400°F for 15-20 minutes or until vegetables are tender
- Try adding fresh or dried herbs and spices for added flavor and variety!



Look at Last Month's Food and Nutrition Events

