



The Geneva School

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CRANBERRIES & SWEET POTATO

Today students in grades 1-6 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.

Mrs. Jones's Cranberry Orange Salad

12 oz. bag of fresh cranberries
1 organic orange
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 the up to a week ahead.

Serves 10 with 1/4 cup servings

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 Potato Muffins

1 stick butter, softened
1/2 cup dark brown sugar
1/2 cup granulated sugar
2 large eggs
1/2 cup milk
1/2 tsp. vanilla extract
1 1/3 cups mashed baked sweet potato (from 1 large potato)
2 cups all-purpose flour
1 tsp. each baking soda & salt
1 tsp. each ground ginger, & cinnamon
1/2 tsp. each nutmeg & ground cloves
7 Tbsp. cinnamon sugar (one Tbsp. cinnamon mixed with 6 Tbsp. granulated sugar)

- Preheat oven to 350 degrees.
- In a large bowl, beat the butter until creamy. Beat in sugars until mixture is light and fluffy. Beat in eggs one at a time; beat in milk, vanilla, and sweet potatoes (batter might look curdled).
- In a separate bowl, your child can whisk together the flour, baking soda, salt, and spices. Beat together wet and dry mixtures until just combined.
- Grease muffin tin and fill each cup about halfway with batter. Sprinkle with cinnamon sugar.
- Bake about 18 minutes (14 for mini-muffins), until an inserted toothpick comes out clean.

Makes 12 muffins or 36 mini-muffins. (over)

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to Wholesome Tummies for partnering with TGS Nurse's Clinic to make today's event a success.



Roasted Sweet Potatoes

2-3 sweet potatoes

1/4 cup olive oil

1 tsp. Kosher salt

1/2 tsp. pepper

1 tsp. cinnamon

- Preheat oven to 435 degrees
- Peel sweet potatoes and cut into cubes or wedges and place them in a mixing bowl
- Add olive oil and seasonings and toss with a fork
- Place seasoned sweet potatoes on a greased baking sheet and bake at 425 degrees for 30 minutes, stirring every 10 minutes.

Serves 4-6