

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



November, 2018

## Why You Should Eat More Sweet Potatoes

### 1. Good Source of Vitamins C and A

One cup of baked sweet potato provides nearly half of your daily vitamin C needs. The same portion also supplies 400% of your recommended daily intake of vitamin A. Both nutrients are vital for supporting immune function, which is especially important during cold and flu season. Vitamin A is also key for maintaining healthy skin, vision, and organ function. Vitamin A and C also function as antioxidants that protect cells against aging and disease. Choose purple sweet potatoes for even more antioxidants.

### 2. More Nutrients

A serving of sweet potato delivers a third of your needed manganese, a mineral that helps produce collagen and promote skin and bone health. You'll also get between 15% and 30% of several energy-supporting B vitamins and minerals, including potassium

### 3. Anti-Inflammatory Powers

Unchecked, low-grade inflammation raises the risk of nearly every chronic disease, including obesity, type 2 diabetes, heart disease and cancer. Natural anti-inflammatory compounds in sweet potatoes have been shown to quell inflammation at the cellular level: research done on animals has shown reduced inflammation in brain tissue and nerve tissue after purple sweet potato extract consumption.



### 4. Regulate Blood Pressure

One cup of sweet potato baked in its skin provides 950 mg of potassium. That's more than twice the amount in a medium banana. Potassium essentially sweeps excess sodium and fluid out of the body, which lowers blood pressure and reduces strain on the heart. Potassium also helps regulate heart rhythm and muscle contractions. One cup of baked sweet potato also provides about 6 grams of fiber and the high fiber content of sweet potatoes makes them slow burning starch - meaning they won't spike blood sugar and insulin levels.

### 5. They May Help Support Weight Loss

About 12% of the starch in sweet potatoes is resistant starch, a filling, fiber-like substance your body doesn't digest or absorb. One study found that replacing just 5.4% of total carbohydrate intake with resistant starch resulted in a 20 to 30% increase in fat burning after a meal. Resistant starch also prompts the body to pump out more satiety-inducing hormones.

### 6. How To Eat More Sweet Potatoes

You can bake, mash, and fold sweet potatoes into overnight oats; or whip them in a smoothie; or puree them with low-sodium organic veggie broth as the base for a soup. Chunked baked sweet potatoes can be added to a salad or oven-baked wedges work as fry substitutes. Mashed sweet potatoes can never go wrong as well.

## Recipe of the Month:

### Vegetarian Chili

- Cooking Spray
- 1 cup frozen chopped onion
- 1 (12-ounce) package frozen burger-style vegetable protein crumbles
- 2 (14 1/2-ounce) cans chili-style tomatoes, undrained
- 1 cup water
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin
- Low-fat sour cream (optional)
- Shredded reduced-fat Cheddar Cheese (optional)

**Coat** a Dutch oven with cooking spray; heat over medium-high heat until hot. Add onion; saute 5 minutes. Stir in vegetable protein crumbles and next 6 ingredients; bring to boil. Cover, reduce heat,

and simmer 15 minutes, stirring occasionally. Serve with toppings, if desired.

*Yield: 6 (1 1/3 cup) servings*

### Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day.** Our goal is to deliver quality service to all of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any suggestions to improve our service, please **call us at 267-4378.**

Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises **AFTER** you have placed your order and you know you will not be home to receive your order, please call Dillions at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day.

Thank you for your assistance.

- Opal Smith

## Seasonal Fruits and Vegetables

Here is a list of fruits and vegetables that should be plentiful during November. May we suggest you consider these items when placing your grocery order?

Apples	Green Onions	Radishes	Sweet Potatoes
Avocados	Kale	Salad (pre-bagged)	Tangerines
Beans	Kiwi	Squash	Tomatoes
Broccoli	Lemons	Strawberries	Turnips
Brussel Sprouts	Lettuce		
Cabbage	Limes		
Carrots	Mushrooms		
Cauliflower	Nectarines		
Celery	Okra		
Cranberries	Onions		
Cucumbers	Parsley		
Dry Onions	Parsnips		
Eggplant	Pears		
Garlic	Peppers		
Grapefruit	Plums		
Grapes	Pomegranates		
Green Beans	Potatoes		

