

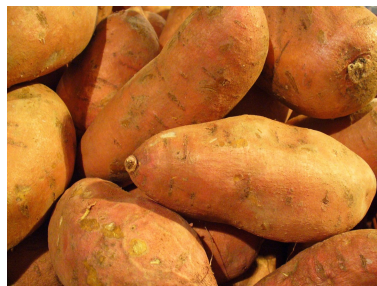
Sweet Potato & Potato Smashes

For my birthday I received a cookbook that focuses on quick, healthy, vegetarian meals: [A Modern Way To Cook](#), by Anna Jones. I've tried several recipes, and so far I'm impressed. One section I'm especially intrigued by is the "simple baked potato" section. In it, she gives ideas for quick meals utilizing baked sweet potatoes or russets. Essentially, you bake and smash a sweet potato or Russet potato and then layer it with toppings. I love this idea as we move into fall and are looking for easy, fast, warming, weeknight meals or lunches. She has five suggestions for each which I'm including on the back page. I've tried a few and they have been delicious and filling. I can imagine many more tasty ideas and I bet you can too! I serve them with a small salad, and this time of year, a lemony shredded kale salad is an especially nice accompaniment.-Erin

Nutritional Benefits of Sweet Potatoes & Potatoes

Sweet potatoes (also called "yams" in the United States) are an excellent source of vitamin A (in the form of beta-carotene), and a very good source of vitamin C. In addition, sweet potatoes are a good source of dietary fiber and potassium. Research suggests that our bodies do a better job of absorbing beta-carotene when we add a little fat to vegetables containing this nutrient. Russet potatoes, while not full of the beta-carotene that sweet potatoes are loaded with, are still a good source of vitamin C, potassium, and dietary fiber, and are also very high in vitamin B6, which has been studied for its cardiovascular and nervous system benefits. Sweet potatoes and potatoes can be steamed, baked, roasted, or fried, and as long as you are buying organic produce, you do not need to peel them.—

(information from whfoods.org). Also, the vegetables that we call "yams" in the United States, are actually varieties of sweet potatoes! True yams are members of the lily family, while sweet potatoes (including the ones erroneously called "yams" in the U.S.) are members of the morning glory family.



How to Easily Remove Seeds From a Pomegranate



Pomegranate seeds are a great addition to fall dishes. They are high in antioxidants, and also contain a healthy dose of Vitamin C. Their unique tart and sweet flavor makes them an especially nice addition to fall salads. I have seen a few recipes that call for pomegranate seeds which include notes that say something along the lines of "you can find pomegranate seeds at Trader Joe's/ Whole Foods, etc". I'm here to tell you that you do not need to buy packaged pomegranate seeds! Pomegranate seeds come in their own natural package (the pomegranate!), and they are easy to get out if you know how. The trick? A bowl of water and a colander or strainer. You cut the pomegranate open and then submerge it in the bowl of water and massage to gently release the seeds. The seeds sink to the bottom and the white pith floats to the top. There are lots of videos demonstrating this; just go to YouTube and search for "removing pomegranate seeds in water" if you'd like to see a demonstration. I don't have a strainer, so I just skim the white pith off the surface of the water with my fingers and then dump the water and seeds in a colander to drain. This only takes a few seconds, and you get to enjoy delicious pomegranate seeds with no mess.

10 Simple Baked Potatoes

from A Modern Way To Cook, by Anna Jones

Sweet Potato: First, wash and dry 2 sweet potatoes, and prick them with a fork. Roast them at 425F for 30-45min, or until soft throughout

1. Purée 2 tomatoes, 1 chili, a bunch of cilantro. Heat black beans, 1 clove of garlic, chili powder, pinch of cinnamon. Top with beans, chili sauce, and mashed avocado.
2. Sauté a couple handfuls of spinach. Chop sundried tomatoes. Slice avocados. Top with hummus, spinach, tomatoes, avocados, and lemon juice.
3. Warm 1 can of lima (or white) beans, a pinch of smoked paprika, leaves from a few springs of thyme, and lemon zest. Chop parsley. Top with warm beans, chopped parsley, grated Manchego (or parmesan).
4. Pan fry a can of drained chickpeas in a little oil, with a teaspoon of cumin until crisp. Add chopped roasted peppers, cherry tomatoes, parsley, basil, and lemon zest. Pile onto potatoes and crumble feta over the top.
5. Halve potatoes and scoop out flesh. Mix with a handful of grated cheddar, sautéed leeks, chopped chives, shredded greens. Pile back into skins. Top with a little more cheese. Grill until melted. Serve with yogurt mixed with lemon juice and chives.

Russet Potato: First, wash and dry 2 potatoes, and prick them with a fork, run with oil and salt. Bake them at 425F for 1 hour, or until soft throughout.

1. Chop six tiny pickles (cornichons), 1/2 bunch of parsley, 2 Tbs capers, zest of 1 lemon. Mix with 1 Tbs crème fraiche or Greek yogurt, salt and pepper. Mask into potatoes. Top with arugula.
2. Cook 1 can of white beans. Add leaves from a spring of thyme, pinch of dried red chili flakes, salt. Top with beans, grated cheddar, hot sauce.
3. Chop finely 1/2 a cabbage, 1/2 a bunch of parsley, and 1 apple. Grate 1 carrot. Chop 1 red onion, scrunch with juice of 1/2 lemon and salt. Mix 1 Tbs yogurt with juice of 1/2 lemon. Pile onto potatoes.
4. Cook 1 leek until soft, add greens and wilt. Add leaves from 2 springs of thyme. Stir in 1 Tbs whole grain mustard, 2 Tbs grated cheddar. Top with leeks and cheese.
5. Cook 1 Tbs mustard seeds with a handful of curry leaves (or a little pinch of curry powder) until the seeds pop. Add a handful of spinach and chopped green onions. Cook for 5 minutes. Add zest of a lemon. Top potatoes with mixture.