

NUTRITION TO GO



FOOD PANTRY

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Nutrition to Go is written and edited by Monica Davis, RDN

Loaves & Fishes Food Pantry will be closed Thursday, November 26, and Saturday, November 28, 2020.

Produce Spotlight: Sweet Potatoes

These gems come in typical orange, white and even purple shades. With more fiber, beta-carotene (fancy word for Vitamin A) and sweetness than white potatoes, they are a tasty addition to any meal. Because the higher fiber content slows down the absorption of the natural sugars, even diabetics can enjoy naturally sweet potatoes. Fall is a great time to feature them at your table. Thanksgiving would not be the same without them, or course. Have you ever had sweet potato pie, instead of pumpkin pie? You can even cook them in the microwave; just poke some holes in the potato with a fork and cook for 5 minutes! Look for firm potatoes with bright color and relatively smooth skin. They will store well in a cool, dry place. But if they get soft and mushy, or turn dark brown to black, it is time to toss them on the compost pile.

Author: Jolene Bodily, RDN, MPH

Roasted Diced Sweet Potatoes

Ingredients:

- 3-4 sweet potatoes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 Tablespoon oil (olive, canola, corn or soy)

Directions:

Pre-heat oven to 400 F. Wash, peel and dice the sweet potatoes into half-inch pieces. Arrange on a rimmed baking sheet and drizzle oil over the potatoes. Top with salt and pepper. Shake baking sheet to distribute oil. Roast in oven until potatoes are soft and beginning to brown, about 30 minutes.

Remove from oven and let cool. Now put them to use! They can be used warm in a grain bowl (for example, with rice, greens, pickled veggies, and some meat or fish if you wish).

Or potatoes can be cooled and tossed in a salad with greens and your favorite dressing.

Alternatively, you can add other diced vegetables to the baking sheet before putting them in the oven, such as Brussel sprouts, onions, peppers for a vegetable medley.

Be creative! Sweet potatoes are adaptable and delicious.

Microwaved Sweet Potatoes

Ingredients:

- 1 sweet potato
- Salt and pepper
- Butter

Directions:

- Wash sweet potato thoroughly, pat dry and pierce 3-4 times with a fork. Place potato on a microwave-safe plate and microwave 5 minutes, turning halfway through.
- If your potato isn't fork tender after 5 minutes, continue microwaving in 30 second increments. Split potato down the middle, season with salt and pepper and top with a pat of butter.

Source: Delish

Thanksgiving!

In 1621, the Plymouth colonists and Wampanoag Indians shared a harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by colonies. It wasn't until 1863 that President Lincoln created a national Thanksgiving Day to be held each November.

(history.com)

Important Turkey Tips (Did you know turkey is a uniquely American bird?)

Buying: If you are hearty eaters and want leftovers, buy 2 pounds of turkey/person (5 adults = 10-pound turkey) If you are a regular eater and don't want as many leftovers plan for 1 pound of turkey/person (10 adults = 10-pound turkey). Alternately, 3-4 pounds of a boneless turkey breast will feed about 6-8 adults.

Thawing: Plan ahead! Plan on 24 hours of thawing in the refrigerator for every 5 pounds of turkey. If you have 10-pound frozen turkey, begin thawing on Tuesday morning. Emergency Quick Thaw: If you absolutely must rush the thawing, submerge the turkey (in its wrapper) in a bucket filled with cold water and thaw for 30 minutes per pound. Change the water every 30 minutes to prevent bacterial growth.

Roasting: Turkey (and chicken) is done when the breast registers 160 degrees and the drumsticks/thighs register 175 degrees; an instant-read digital thermometer is the best tool for taking the bird's temperature. The cooking time depends on many factors. So, begin taking the temp 1/2 hour before you expect the bird to be done.

Resting: Once the turkey has finished roasting and you've taken it out of the oven, you need to wait at least 30 minutes before carving it. This resting time allows the turkey's juices to redistribute throughout the meat so that it will be moister when it's served. No need to cover during this time. (Cooks Country Oct/Nov 2020)

No matter how you are celebrating this year, Thanksgiving is all about food, community, and Giving Thanks!

Note: Check out Butterball.com for more turkey information or call their Hot Line at: 1-800-Butterball

Loaves & Fishes



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Bread and Celery Stuffing

Ingredients:

- 1 pound of sliced white bread
- 4 stalks celery, chopped
- 3/4 cup butter
- 2 tsp poultry seasoning
- 1 onion, chopped
- Salt and pepper to taste
- 1 cup chicken broth

Directions:

1. Let bread slices air dry for 1-2 hours, then cut into cubes.
2. In a large pot, melt butter over medium heat. Cook onion and celery until soft. Season with poultry seasoning, salt, and pepper. Stir in bread cubes until evenly coated. Moisten with chicken broth; mix well.
3. Chill, and use as a stuffing for 10-12-pound turkey or bake in a buttered casserole at 350 degrees for 30-40 minutes (allrecipes.com)

Ask Monica

Q: What's the difference between stuffing and dressing?

A: Nothing! The words can be used interchangeably. Both refer to "a mixture (usually based on bread) used to stuff poultry, fish, meat and some vegetables. It can be cooked separately or in the food in which it is stuffed."

(Food Lover's Companion)

