

Food Focus: Sweet Potatoes

Sweet potatoes are a good choice late in the year. They seem to go hand-in-hand with the holidays, but don't have to be limited to just this time of year. Cravings for sweets can be greatly reduced by adding sweet vegetables: sweet potatoes, yams, parsnips, beets, squash, turnips and rutabagas, to your daily diet. Sweet potatoes elevate blood sugar gently, rather than the jolt delivered by simple refined carbohydrates. There is no energy crash after you eat them and they are much higher in nutrients than white potatoes. They also offer a creamy consistency that is satisfying and soothing. They are healing to the stomach, spleen, pancreas and reproductive organs and help to remove toxins from the body. They can increase the quantity of milk in lactating women and can lessen cramps and pre-menstrual symptoms. If you don't have any sweet potatoes in your kitchen, go out and buy some and make the recipe below.

Featured Recipe

Sweet Potatoes with Lime and Cilantro

Prep time: 10 minutes

Cooking time: 30-40 minutes

Serves: 4

Ingredients:

4 sweet potatoes

½ bunch fresh cilantro

2-3 limes

butter and salt, optional

Directions:

1. Wash the sweet potatoes and bake them whole, in their skins, at 375 until tender.
2. Wash and chop cilantro leaves.
3. When sweet potatoes are done, slit open the skin and place on serving plate. Season with salt and dots of butter, if you like, then squeeze fresh lime juice all over, and shower with cilantro leaves.

*used with permission from IIN.

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
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