

# November

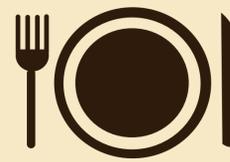
## Eating in Family



**During the Holidays, and throughout the year, make meal times a priority.** Sometimes a very simple act can have important, long-lasting benefits.

Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids



**Tip:** Look for easy ways to add just one family meal to the schedule. If evenings seem too busy for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week.

### Vegetable of the month: **Sweet Potato**

A great source of fiber, sweet potatoes are packed with vitamin A and potassium. Their mellow, sweet taste works in all kinds of recipes. Slice into thin "coins" and toss with canola or olive oil before roasting. Sweet potato puree also can be used in foods including macaroni and cheese, oatmeal and brownies. Try swapping in baked sweet potatoes as an alternative to french fries. Have your kids help with peeling so they're involved in the cooking.



## Sweet Potato Quesadilla Recipe

Mashed sweet potatoes give these quesadillas a boost of flavor and nutrients.

### Ingredients:

- 2 small sweet potatoes
- 2 medium red, yellow or orange bell peppers, cut into ½-inch strips
- 1 medium yellow onion, cut into ½-inch strips
- ½ tablespoon olive oil
- Salt and pepper to taste
- 1 teaspoon minced garlic
- Cooking spray
- 4 (8-inch) whole-wheat tortillas
- 1 cup shredded pepper jack or cheddar cheese



### Directions

1. Heat oven to 400°F.
2. Wash potatoes well. Wrap in aluminum foil and bake approximately 45 minutes or until easily pierced with a fork. Remove from oven. Unwrap potatoes; removed flesh from the skins and mash the flesh. Keep warm. (You can also microwave the potatoes to reduce cooking time. Wash the potatoes, pierce with a fork five to six times and microwave on high for 5 to 7 minutes depending on the size of the potato).
3. Heat oil in a large nonstick skillet over medium-high heat. Add peppers, onion, salt and pepper, and cook 10 to 12 minutes or until tender. Add garlic and sauté 2 more minutes. Remove from heat and keep warm.
4. Coat a medium nonstick skillet with cooking spray and heat over medium-high heat. Add 1 tortilla to skillet and sprinkle with ¼ cup cheese. Heat until cheese begins to melt. Spread approximately ¼ of mashed potatoes over ½ of tortilla; top with ¼ of pepper and onion mixture (use slotted spoon for pepper and onion mixture to drain off excess moisture). Fold over tortilla and cook approximately 1 to 2 minutes on each side or until browned. Remove quesadilla from heat and keep warm.
5. Repeat step four with additional 3 tortillas. Serve with tomato salsa and sour cream if desired.

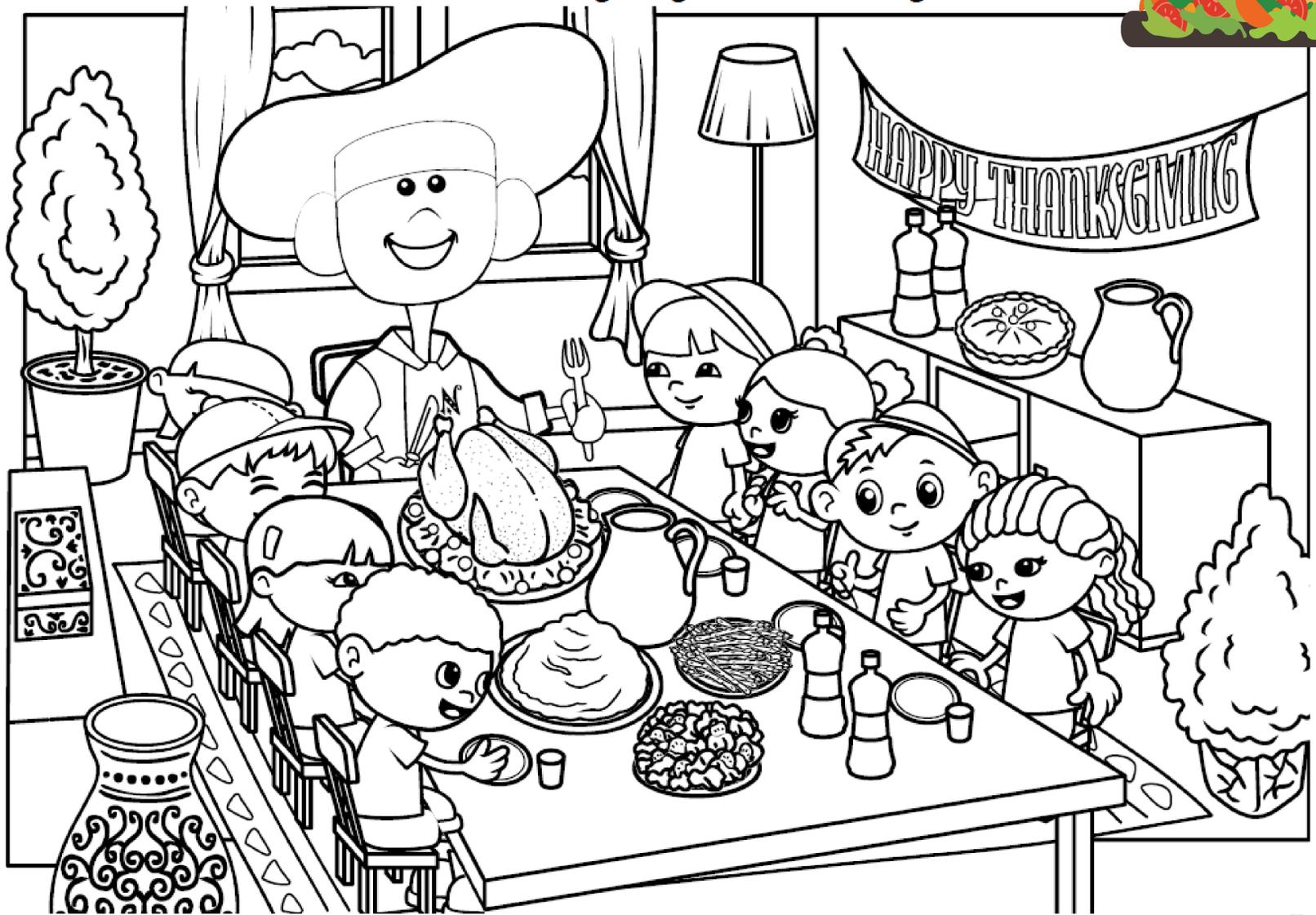
### Nutrition Information

Serving size: 1 quesadilla

Serves 4

Calories: 333; Total Fat: 11g; Saturated Fat: 6g; Cholesterol: 25mg;  
Sodium: 424mg; Total Carbohydrates: 47g; Protein: 14; Dietary Fiber: 6g;  
Sugars: 8g.

# Chef Solus' Thanksgiving Meal Coloring Sheet



Chef Solus and the explorers enjoy a healthy Thanksgiving meal that they all cooked together.

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## "My Family's Thanksgiving Foods"



Trivia Question:  
What foods were served  
at the first Thanksgiving?

Write what foods are served  
at your Thanksgiving.



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