

Recipe of the Month

Southwest Sweet Potato and Black Bean Skillet



- 1 Tbsp Olive Oil
- 2 Cups Sweet Potato-peeled and diced
- 1.5 tsp. Chili Powder
- 1 tsp. Ground Cumin
- 1 tsp. Oregano
- .5 tsp Smoked Paprika
- .25 tsp Garlic Powder
- Salt and pepper to taste
- 4 oz Green Chilies-diced
- .5 Cup Salsa or Salsa Verde
- 2 Cups Brown Rice-Cooked
- 15 oz can Black Beans-low sodium, drain and rinse
- 2 Tbsp Cilantro-chopped
- 1 Lime-Juiced
- ½ Cup Cheddar, Colby Jack, or Monterey Jack Cheese-Shredded

1. Heat the olive oil in a large skillet. Add in the diced sweet potatoes, salt and pepper, and sauté over medium heat for about 8 minutes. Add 3-4 Tbsp of water to the skillet and cover it with a lid. Let the sweet potatoes steam until they're fork tender, about another 4 min. depending on the size.
2. Add the green chilies, black beans, rice, spices, salsa, cilantro, lime juice, salt and pepper to the skillet. Stir everything together until combined.
3. Add the shredded cheese to the top and cover the skillet with the lid. Let everything cook for another 3-4 minutes until the cheese is melted and everything is warm. Serve topped with additional cilantro, avocado, and plain Greek yogurt or sour cream if desired.

Food Focus

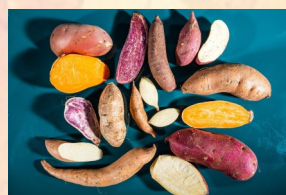
Sweet Potatoes

It's Sweet Potato Awareness Month! Sweet potatoes are high in beta carotene, Vitamins E, C, and B6, Iron, and Potassium. They are the #1 most nutritional vegetable, with more nutrients than even spinach or broccoli!

Sweet potatoes are usually orange, but also found in other colors, such as white, red, pink, violet, yellow, and purple.

Did you know sweet potatoes are not even potatoes!

Potatoes are tubers; sweet potatoes are roots!

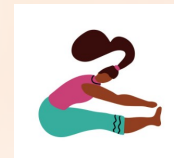


Nutrition Tips

Stretch for your Best

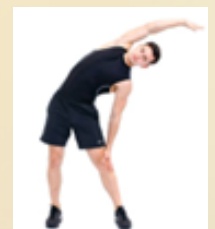
Stretching is important at any age. It can help prevent injury, ease sore or tight muscles, improve your range of motion, and encourage a healthy lifestyle.

Before stretching warm up with light walking, jogging, or biking at low intensity for 5-10 minutes.



Simple easy stretches you can do are:

- **Toe touches.** Reach down and touch your toes to go as far as you can. Try sitting on the floor with legs straight in front of you.
- **Neck half circles.** Stretch one ear to on shoulder, circle around, and repeat other side.
- **Shoulder circles.** Shrug shoulders and rotate five times both forwards and backwards.
- **Side bends.** Stand up straight, with arms down to side. Slowly reach fingers down to outside of knee bending at the waist, alternate sides.



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