

Family Features
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All materials courtesy of Louisiana Sweet Potato Commission

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Title: A Super Food for Diabetics: Sweet Potatoes

We hear it over and over again., “Eat your vegetables!” While we understand the importance of including vegetables in meals, we can get bored with the same veggie lineup.

If that’s the case, consider preparing Southwestern Roasted Vegetables as a solution to your daily vegetable dilemma. Featured in Holly Clegg’s new book “Holly Clegg Trim & Terrific™ Diabetic Cooking,” this simple combination of crispy roasted sweet potatoes (yams) with an assortment of vegetables goes great with any entrée.

As healthy foods go, the sweet potato is hard to beat. Touted as one of the most nutritious vegetables, the bright orange, fiber-packed tubers are rich in vitamins and minerals, and are a great choice for any diet.

When it comes to diabetes, the sweet potato is an extremely wise choice. Sweet potatoes are a low glycemic index (GI) food. Low GI foods release glucose slowly into the bloodstream helping avoid spikes in blood sugar levels — an important factor in managing diabetes.

In addition to earning stellar health ratings, sweet potatoes are a snap to prepare. The natural sweetness of the yams in this recipe contrasts with the mild zucchini and bold portabellas. Roasting is an effortless method of cooking, and if you line the baking sheet with foil, clean up is a cinch. The end result in both color and taste is amazing. Have fun creating your own vegetable combinations to pair with colorful, nutritious sweet potatoes.

Louisiana Yams are the sweetest variety of sweet potatoes. For information about Louisiana sweet potatoes, including nutritional information and free recipes, visit www.sweetpotato.org or write to the Louisiana Sweet Potato Commission, P.O. Box 2550, Baton Rouge, LA 70821-2550.



Southwestern Roasted Vegetables

Makes: 8 1/2-cup servings

Roasted vegetables with taco seasoning mix turns a simple selection of vegetables into a trouble-free Southwestern side.

4 cups peeled, cubed sweet potatoes (yams), cut in 1-inch cubes
1 1/2 cups zucchini, cut into small chunks
1 small red onion, cut into small chunks
1 6-ounce package portabella mushroom slices, halved
2 tablespoons olive oil
3 tablespoons reduced-sodium taco seasoning mix (about half a 1.25-ounce packet)
Salt to taste (optional)

1. Preheat oven to 425°F. Coat baking sheet with nonstick cooking spray or line with foil.
2. In large bowl, combine sweet potatoes, zucchini, onion and mushrooms. Toss with olive oil to coat. Sprinkle with taco seasoning and spread vegetables on baking sheet.
3. Bake 40 minutes, shaking pan every 15 minutes, until vegetables are tender and roasted.

Terrific Tidbit:

Pop any leftovers into a soup pot with some chicken broth for a terrific Southwestern vegetable soup.

Nutrients per serving: 110 calories, 31 calories from fat, 4g total fat, 1g saturated fat, 0mg cholesterol, 209mg sodium, 17g total carbohydrates, 3g dietary fiber, 4g sugars, 2g protein. Dietary exchanges: 1 Starch, 1/2 Fat

*This recipe is from “Holly Clegg’s Trim& Terrific™ Diabetic Cooking” (American Diabetes Association, \$18.95). For more recipes, visit www.hollyclegg.com.

PHOTO CAPTIONS:

Main photo: Southwestern Roasted Vegetables, photo courtesy of David Humphreys

Secondary photo: Holly Clegg, author of the Trim & Terrific™ cookbook series