The Best of National Nutrition Month

a Wellness in the Schools National Recipe Tour

SPOTLIGHT ON SWEET POTATOES

WITS Chefs in our school districts all over the country have been making a variety of recipes featuring this seasonal root vegetable. See how our markets make sweet potato recipes that students love to cook and eat!

NOVATO, CA

Sweet Potato Gumbo

Students in WITS Labs made this recipe with collard greens during Black History Month, learning about the ingredients' culinary origins (and the difference between a sweet potato and a yam)! They rated it "110 out of 10" and it was a nice warm and spicy dish to make on a cold, rainy week.

CAMDEN, NJ

Sweet Potato and Pinto Bean Quesadilla

WITS Chefs shared this recipe with students on a TryDay Friday recipe sampling. Both students and staff said it was their favorite WITS recipe. High school students think this recipe would go well with hot sauce or an avocado, cilantro, and lime sauce. kids.

Whipped Sweet Potatoes

With an abundance of sweet potatoes being procured by schools through The Common Market, WITS Chefs whipped up another recipe. Adding spices like cinnamon and nutmeg along with maple syrup as a healthier option for a sweetener, this take on mashed potatoes won over hundreds of kids.

WASHINGTON, D.C.

Sweet Potato, Black Bean, and Corn Salad

WITS Chefs prepared this salad recipe with school cooks at D.C. Bilingual School during a WITS CookCamp training., with fresh cilantro added on top during warmer seasons!

NEW YORK CITY

Sweet Potato Quesadilla Rollup

Through our Chefs in the Schools program, this recipe earned its spot on the public school lunch menu for all one million students. WITS developed this recipe with the Office of Food and Nutrition Services and it was served with a unique twist: rolled up and in a grab-and-go cup. Students love the jalapeño peppers and ground paprika, which pair well with the spinach, beans, and hearty sweet potato.

HAPPY COOKING!

WELLNESS IN THE SCHOOLS

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