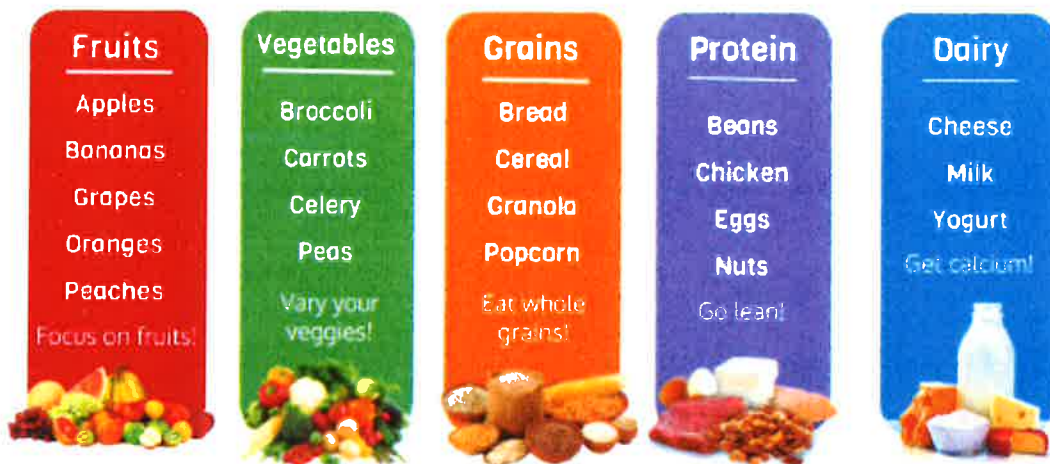


# Nutrition

## Meet MyPlate:

MyPlate reminds us that we need foods from each of the five food groups: Fruits, Vegetables, Grains, Protein, and Dairy.

Following MyPlate can help you balance food & fun.



## Can you unscramble these MyPlate words?

1. ehlahyt

2. uotnitrn

3. tproeni

4. tegebvales

5. furti

## Healthy Recipe: Sweet Potato Corn Cakes

You can use produce from Fresh Connect! ★

### Ingredients

1 sweet potato  
1 onion  
1 tbsp butter/olive oil  
1 cup corn kernels  
¾ cup corn meal (or you can use bread crumbs/ground oats)  
½ cup flour  
1 ½ tsps baking powder  
½ cup milk  
3 eggs beaten  
Handful roughly chopped green herb of choice

### Directions:

**Adult:** Bake sweet potato in 400°F oven for approximately 45 minutes.

**Together:** Allow sweet potatoes to cool, and peel (the peel should slip right off.)

**Adult:** Warm skillet, melt butter and sauté chopped onion until translucent. Cut sweet potato into pieces while adding to the pan. You may have to mash the pieces a little bit. Add com, mix well and turn off heat.

**Together:** Meanwhile, in a medium-sized bowl, combine dry ingredients. Add milk and eggs.

**Kid:** Stir in the sweet potato mixture and add green herbs.

**Together:** Warm just enough butter or olive oil in a frying pan to cook the pancakes. Spoon batter into pan and cook several minutes on each side.

Makes 12-15 3-4" pancakes.