

Mashed Sweet Potatoes

Both sweet potatoes and white potatoes are nutritious. Sweet potatoes have a deep orange color due to carotenoids, which are converted into Vitamin A, a nutrient involved in eye health, growth, immune function and skin health. This recipe could be part of a holiday gathering or just a weeknight dinner, served with a protein of choice (beans, chicken, tofu, fish etc.) and a green vegetable, cooked or raw.

SERVES 2 TOTAL TIME **25 MINUTES** PREP TIME **5 MINUTES** COOK TIME **20 MINUTES**

INGREDIENTS

Sweet potato	1 large (or 2 small)
Water	2 cups
Maple syrup	1 tablespoon (optional)
Salt	¼ teaspoon sea salt or other salt
Cinnamon	¼ teaspoon, ground
Nutmeg	1 pinch, ground

INSTRUCTIONS

1. Wash the sweet potato, peel, and chop into 1 inch pieces.
2. Add sweet potato and water to a saucepan and bring to a boil. Let cook for 20 minutes, uncovered, until the potatoes are tender and the water is almost evaporated (a little bit of water is fine, it will help make the potatoes smoother).
3. Add the maple syrup, salt, cinnamon, and nutmeg and mash until smooth.



Boston Medical Center is nourishing our community

1 million+

lbs. of food are distributed annually through BMC's **Preventive Food Pantry**, the nation's first hospital-based therapeutic food pantry

8,000

square feet of growing space on BMC's **two rooftop farms**, providing 10,000 lbs. of fresh produce each year and home to our busy honey bee hives

2,000+

patients and staff learn to make healthy and culturally diverse meals at BMC's **Teaching Kitchen** each year, both in-person and online

Apple-Sage Stuffing Cups

This is a traditional Thanksgiving side dish without meat in it. Easy to make, especially when you are preparing for a big holiday meal. Using whole-wheat bread rather than regular white bread provides some extra fiber.

MAKES **12 CUPS** TOTAL TIME **60 MINUTES** PREP TIME **10 MINUTES** COOK TIME **50 MINUTES**

INGREDIENTS

Bread	12 slices of 100% whole wheat bread, cut into ½ inch cubes (about 8 cups)
Oil	2 teaspoons canola oil (avocado, sesame, peanut, or light olive oil, or butter)
Apple	2 medium, peeled, cored and diced
Onion	½ cup, diced
Celery	½ cup, diced
Sage	1 tablespoon chopped fresh sage leaves or 1 teaspoon dried sage
Pepper	½ teaspoon
Salt	½ teaspoon
Parsley	¼ cup, chopped
Broth	1 ½ cups low-sodium chicken or turkey broth
Egg	1 large

INSTRUCTIONS

1. Preheat oven to 375 degrees °F.
2. Arrange bread in a single layer on a baking sheet. Bake for 15 minutes, mixing cubes after 8 minutes. Place toasted bread cubes in a large bowl.
3. Heat oil in a large skillet. Add apple, onion, celery, sage, pepper and salt. Sauté until tender, about 5 minutes.
4. Add apple mixture and parsley to bread cubes. Toss to combine.
5. In a small bowl whisk together broth and egg. Add to breadcrumb mixture and gently combine.
6. Spray 12 muffin tins with cooking spray. Fill with stuffing mixture. Lightly spray stuffing with cooking spray. Bake for 20 minutes or until lightly browned.



SAVE THE DATE

Giving Tuesday is December 2

Did you know that BMC programs like our Preventive Food Pantry, Teaching Kitchen, and rooftop farms are made possible by philanthropy? You can support programs like these and more with a donation of any amount to BMC at bmc.org/development.

Cranberry-Nut Power Balls

These are a fantastic on-the-go snack, especially when you want something sweet. Even without the white chocolate, dried fruit adds sweetness without added sugar.

The flax and chia seeds add healthy omega-3 fats and fiber. You be the judge, but two or three of these should keep you energized for all your holiday celebrations.

MAKES 30 TOTAL TIME 40 MINUTES PREP TIME 30 MINUTES COOK TIME 0 MINUTES

INGREDIENTS

Oats	1 ½ old-fashioned oats (dry, not cooked)
Dried fruit	⅓ cup dried cranberries or dried cherries
Nuts/Seeds	⅓ cup peanuts, almonds, walnuts, chopped
Chocolate chips	⅓ cup white chocolate chips (optional)
Honey	⅓ cup
Nut butter	⅓ cup peanut, almond, or sunflower seed butter
Vanilla	1 teaspoon
Flax seeds	2 tablespoons, ground (option- al)
Chia seeds	1 tablespoon (optional)
Salt	1 pinch

INSTRUCTIONS

1. Combine all ingredients in a medium bowl.
2. Refrigerate for 30 minutes.
3. Shape into 1-inch balls.
4. Store in an airtight container and refrigerate for up to 2 weeks.



1.5 million people served... and counting

BMC's Preventive Food Pantry is often used by patients with cancer, HIV/AIDS, hypertension, diabetes, obesity, heart disease and other chronic conditions. Individuals with special nutritional needs are referred to the Food Pantry by BMC primary care providers who write "prescriptions" for supplemental foods that best promote physical health, prevent future illness and facilitate recovery.