



HEALTHY to a "T"

December 2017

Harvest of the Month

Fingerling Potato



FUN FACTS:

Fingerlings are small, slender, tube-shaped potatoes. Their name comes from the length of the potato as it is close to a finger length (2-4 inches).

They come in a variety of colors—yellow/gold, white, red and purple.

Since they have such a thin skin, they should not be peeled before cooking.

Fingerlings have a buttery flavor and are great for pan-frying, roasting and salads.

~Excellent source of potassium, Vitamin C, and fiber~

This institution is an equal opportunity provider.

This institution is an equal opportunity provider.

Healthy Holidays Begin with Happiness

The holidays are here, and many will struggle to maintain a healthy lifestyle with extra demands financially, professionally, socially, and from family. Here are a few tips on how to find more happiness and enjoy the holiday season to the fullest, while still looking out for your health:

- ☆ Make sure you set aside time for relaxation, exercise and quiet moments alone.
- ☆ Keep your sense of humor no matter what.
- ☆ Have realistic expectations about holiday visits.
- ☆ Slow down, place a priority on sleep, avoid taking on too much and spend time with people you love.
- ☆ Do something new and creative this year.
- ☆ Start noticing what's going right in your family rather than focusing only on what's going wrong.

Let's enjoy everything wonderful the holiday season has to offer while maintaining your health!

*Melanie Wirth, RDN, LD, MBA
Corporate Dietitian
Taher, Inc.*

Roasted Fingerling Potatoes with Whole Grain Mustard

Yield: 4 servings

- 1 lb Fingerling Potatoes (unpeeled, variety pack—red, gold, purple)
- 1 Tbs Fresh Chopped Rosemary Leaves
- 1 Tbs Olive Oil
- 1 Tbs Whole Grain Mustard
- 1 ½ tsp Kosher Salt
- 1 ½ tsp Black Pepper

HARVEST OF THE MONTH RECIPE—DECEMBER

1. Preheat oven to 400°F.
2. If the potatoes end up being larger than 1 ½" diameter, cut them in half.
3. Place the potatoes on a baking sheet and sprinkle with rosemary.
4. In a small bowl, stir together the oil and mustard. Drizzle mixture evenly over the potatoes, then season with salt and pepper. Toss to coat the potatoes evenly, then spread them out in a single layer.
5. Roast the potatoes, turning them 2 to 3 times, until the flesh is tender when pierced with a fork (about 40-45 minutes).
6. Transfer the potatoes to a serving dish and serve immediately.

NUTRITION SNAPSHOT ~ 1 serving

115 calories, 2.5g total fat, 2.7g protein, 6mg cholesterol, 21g carbohydrate, 240mg sodium, 7g sugar, 4g fiber