

Nutrition Education

Both of these recipes are good sources of beta-carotene which converts to vitamin A in the body to promote good circulation and a healthy heart, eyes and lungs.

Sweet Potatoes 'n' Pears

Ingredients:

- 9 cups cubed peeled sweet potatoes
- 1 (15 ounce) can pear halves, drained
- 1/3 cup packed brown sugar
- 1 T. butter, softened
- 1/2 teaspoon ground cinnamon

1. Boil sweet potatoes. Drain and place in a large mixing bowl. Add the remaining ingredients; beat with mixer until combined and smooth.

