

A Couple's
Monthly
Guide to
Health and
Happiness

Make it for Two

Volume 1, Issue 1

March 2008

Featured Food: Sweet Potato

Fun Facts about Sweet Potatoes

* Originated in the Americas

* "Sweetpotato" is the correct spelling

* The leaves can be eaten in a salad

* One of the most nutritious foods in the vegetable kingdom

* The darker the color, the more nutrients you get!

Go Local!

Farmer's Markets

Kapiolani Community College, Saturdays, 7:30-11:30am

Kailua (behind Longs) Thursdays, 5:00 to 7:30 p.m.

Millilani High School Sundays, 8am- 11am

Waianae Farmers Market Coming Soon...

Visit: <http://www.hfbf.org/FarmersMarket>



Support Farmer's Markets

4 Reasons to Keep it Local

1. **Freshness:** Produce from your local farmers are picked at the peak of ripeness making them the freshest, most delicious, and nutritious!
2. **Variety:** Local farmers grow a wide variety of every type of produce- there is no comparison in flavor, appearance, and texture to produce grown thousands of miles away from where you live.
3. **Your Health:** Farmers markets give you access to fresher and in some cases better quality produce. They also provide the opportunity to meet and get to know local farmers.
4. **The Environment:** Walking or biking to your local farmers market can help reduce carbon dioxide emissions. Bringing your own shopping bags helps reduce waste in landfills.

Take a hike...with your mate!

The Makapu'u Lighthouse Hike

Visit www.backyardoahu.com

The scenic Makapu'u Lighthouse hike is 1.4 mile-long (one-way) and takes approximately 45 minutes to complete. It is well-known for whale watching, and shoreline views of Kailua to Koko Head. There is no cost and parking is always available.

Directions:

From Waikiki going east get onto Kalaniana'ole Highway past Hanauma Bay and Sandy Beach Park to About ½ mile past the Hawaii Kai golf course on the right.



A Sweet Snack

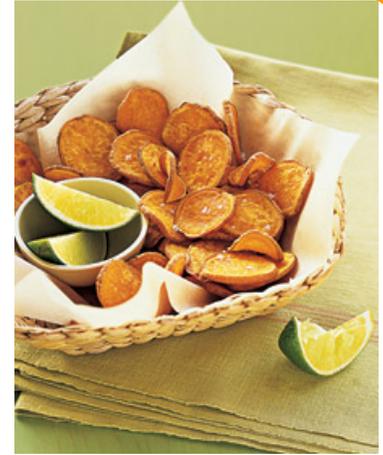
2 medium sweet potatoes, scrubbed and sliced 1/8 inch thick

1 tablespoon extra-virgin olive oil

1/2 teaspoon coarse salt, preferably sea salt

1 lime, cut into wedges, for serving

Preheat oven to 400 degrees, with racks in center and lower positions. Divide sweet potatoes between 2 rimmed baking sheets. Drizzle with oil, toss, and spread them in a single layer on sheets. Bake, flipping once, until centers are soft and edges are crisp, 22-25 minutes. Sprinkle with salt, and serve with lime wedges.



Baked Sweet Potato Chips

Make it for two tip: Bake these bad boys and cozy up with your honey to watch the big game!

You can cut me out! —>

A look inside...

Nutrition Facts		
Serving Size 1 medium, 5" long, 2" diam. (130g)		
Amount Per Serving		
Calories 100	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 70mg	3%	
Total Carbohydrate 23g	8%	
Dietary Fiber 4g	16%	
Sugars 7g		
Protein 2g		
Vitamin A 120%	Vitamin C 30%	
Calcium 4%	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat	9	Carbohydrate 4 Protein 4

"Sweet potatoes are reputed to expand your ability to give and receive love. In late 16th century Europe sweet potato tarts were recommended to increase sexual desire."

Simply Sweet Basics

Season: year-round with the greatest selection in the winter

Purchase: choose firm sweet potatoes with smooth, unbruised skins without cracks

Avoid: Do not buy wrinkled, sticky or spouting sweet potatoes

Storage: Because of their high sugar content, sweet potatoes don't keep very well, so store them in a cool, dark place - but not in the refrigerator - and don't plan to keep them more than 1 to 2 weeks

Preparation: sweet potatoes may be peeled before or after they are cooked
Serving Suggestions:
 Bake whole sweet pota-

toes in their skins and serve with butter.

Mash boiled sweet potatoes and potatoes together (for extra smoothness), adding fresh grated ginger and a little ground cardamom.

Pair it up: Bourbon, brown sugar, butter, ginger, cinnamon, honey, orange, pecans, rosemary, rum, spices.

Devoted to Dinner...

According to a recent survey, the relationship between cooking and romance came second only to massages, as a ritual most likely to lead to a romantic rendezvous... so why not enjoy cooking and bring some romance into your relationship...

Here are some ideas for enjoying cooking:

- Try cooking meals together
- Try picking a theme for dinner and decorate the table to match the theme
- Turn off the TV and turn on the radio, you can even match the music to the dinner theme
- Set the mood and light a candle or have a glass of wine while cooking

Pair up greens with your sweet potatoes!



Red-tip leaf lettuce has a tender, sweet, delicate flavor that makes it versatile for many types of green salads.



Leaf Lettuce has a mild, delicate flavor and may be used interchangeably with red-tip leaf lettuce



Spinach has mildly hearty flavor and is often used raw in salad.



Arugula has a peppery, pungent flavor that is an ideal contrast when mixed with milder greens.



Romaine has large, crisp leaves and a slightly sharp flavor that makes this the classic lettuce for Caesar salad.



Radicchio is bitter and peppery-tasting when eaten alone, but small amounts add a nice accents to other greens.

Peaceful Picnic for 2



Surprise your significant other with a scenic picnic on the beach. Make it romantic by having it at sunset with special treats. Keep hot foods hot and cold foods cold.



A Sweet Bonus

One more reason to add sweet potatoes to your diet

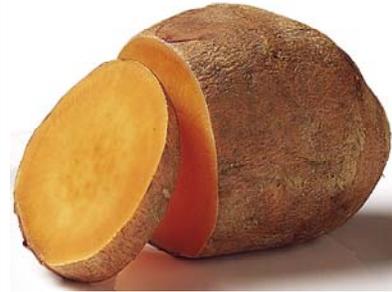
*Sweet potatoes are full of beta-carotene, an antioxidant thought to help reduce the risk of cancer.

*Beta-carotene is converted by the body into vitamin A, which is essential for growth, vision, and immune-system function.

*Beta-carotene needs help to work its magic. For the body to absorb the nutrient, the ingredient needs to be cooked or chopped to break down its cell walls.

*Studies have shown that without some fat in the meal, very little beta-carotene is absorbed.

*Try our recipe in this issue that includes olive oil as one way to help you maximize the benefits of the beta-carotene packed potato.



Orange vegetables
are full of
beta carotene



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