

Fresh for Kids[®] Sweet potato, bacon & spinach bake



Sweet potato, bacon & spinach bake

Preparation: about 20 minutes

Cooking: about 30 minutes

Serves: 4–6 as a side dish

- 1 kg kumara (orange sweet potato), peeled and chopped
- 2 tsp olive oil
- 175g rindless bacon rashers, roughly chopped
- 50g butter
- Pinch ground nutmeg
- 100g baby spinach leaves
- Salt and ground black pepper
- 1 cup grated reduced fat mozzarella cheese

1. Preheat oven to 180°C. Grease a 6-cup baking dish. Place kumara in a saucepan, cover with water and bring to the boil over medium-high heat. Reduce heat and cook for 10 minutes or until just tender.
2. Meanwhile, heat oil in a non-stick frying pan over medium heat. Cook bacon, stirring occasionally, for 5 minutes or until crisp. Drain on paper towel. Set aside.
3. Drain kumara and return to the pan. Add butter and nutmeg and mash until smooth. Stir through spinach and bacon. Season with salt and pepper to taste. Spoon mixture into baking dish. Sprinkle evenly with cheese and bake for 20 minutes or until cheese is melted and hot and serve.

Fresh for Kids[®]
freshforkids.com.au



Kumara

- Provides slowly digested carbohydrate (low glycaemic index (GI), making it a useful vegetable for those with diabetes.
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au

SYDNEY MARKETS[®]

SYDNEY MARKETS[®]

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. WIN10