

# NUTRITION FOCUS

MATTHEW BACH, DIETETIC INTERN

## STAY WARM WITH SEASONAL SOUPS!

### Seasonal Vegetables:

- ◆ Root Veggies:
- ◆ Squash
- ◆ Sweet potato
- ◆ Leeks
- ◆ Turnips
- ◆ Parsnips
- ◆ Dark/leafy greens:
- ◆ Collard Greens
- ◆ Kale



### Soups can be a healthy way to keep the family warm and full this winter!

Many healthy vegetables are in season right now and they are perfect for soup. Soups can be a great way to stay healthy, full, and warm during the winter season. They can pack loads of flavor, have limitless options, and can be a full meal made in one pot!

### RECIPE CORNER: SAUSAGE, KALE AND SWEET POTATO SOUP

SOURCE: [HTTPS://WWW.THEKITCHN.COM/SAUSAGE-KALE-SWEET-POTATO-SOUP-RECIPE-22978921](https://www.thekitchn.com/sausage-kale-sweet-potato-soup-recipe-22978921)

#### Ingredients:

- ◆ 2 Tbsp olive oil
- ◆ 12 oz cooked Italian sausage, sliced
- ◆ 4 cups chicken broth
- ◆ 2 medium sweet potatoes, peeled and chopped
- ◆ 1 teaspoon dried Italian seasoning
- ◆ 2 cups chopped kale

#### Directions:

1. In a large pot, heat olive oil; add sausage and cook until browned, about 6-8 minutes.
2. Add broth, sweet potatoes, Italian seasoning; bring to a boil.
3. Reduce heat; simmer 15-20 minutes or until potatoes are tender. Add kale and cook until wilted.

### KNOW MORE ABOUT ROOT VEGETABLES

These veggies are grown in the ground and harvested in the winter time. They can be made into many different dishes. Root vegetables are a nutrient packed food high in fiber, protein, antioxidants, potassium and vitamins A, B, and C. They also have health benefits such as reducing inflammation and improving heart health!

