**February Discovery Kitchen – Sweet Potatoes**

This month we are celebrating sweet potatoes! Our secondary schools will be serving up fresh sweet potatoes with our main entrée on 2/7. This tasty root vegetable is rich in vitamin A, which is needed for healthy skin and vision.

**February Smoothie Flavors @ Marshall**

Smoothies have officially been launched at Marshall Middle School! On Wednesdays and Thursdays, students can grab a smoothie paired with whole grain graham crackers for their complete breakfast meal. This month we will be menuing the following flavors: berry patch, strawberry cinnamon, and cranberry grape smoothies.

**One Mighty Mill Bagels Now @ English**

Last month, we had a successful launch event where students at English High School had the chance to sample One Mighty Mill’s whole grain bagels, which now are offered daily at the high school for breakfast. Lynn’s superintendent and school committee members were there in attendance during the launch to help promote this local partnership.

**Blood Orange Tasting @ Ford and Washington**

Last month, students at Ford and Washington schools sampled blood oranges in celebration of January’s Discovery Kitchen being citrus fruits. With a flavor that is similar to a traditional orange, but with a hint of raspberry, the kids loved this unique colored and tasting orange! Blood oranges get their name due to the deep red pigment, called anthocyanin, which is a type of antioxidant that helps combat aging, cancer and disease.

**Sprout & Grow Your Own Sweet Potato!**

Did you know you can sprout and grow your own sweet potato? To start, select your sweet potato! Take a knife and cut off about 2-3 inches on one end from your sweet potato. Suspend the sweet potato on toothpicks or skewers in a clear container of water, with the cut-side facing down and submerged in water. Let your sweet potato ‘sprout’ for about 1 month. Once your sweet potato has fully sprouted you can transfer your sprouts into a garden or pot. It will take about 120-160 days for a sweet potato to harvest from your planted sprouts. For more details click [here](#).

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**Sweet Potato Biscuits**

*(yields 20 biscuits)*

**INGREDIENTS**

- Cooking Spray
- 9 ½ oz sweet potato cubes, cooked and peeled
- ¾ cup water
- 1 ½ tbsp liquid egg
- ½ tsp cinnamon
- ¼ tsp ginger
- 1/8 tsp nutmeg
- 1 ½ tbsp sugar
- 1 lb cornbread/muffin mix

**STEPS**

1. Preheat oven to 450 degrees F.
2. Spray baking sheet with cooking spray.
3. Place eggs, cooked sweet potatoes and water in a mixing bowl. Mix well using a wire whisk or rubber spatula.
4. Add cornbread mix, sugar and spices. Stir until a soft dough is formed. Do not over mix.
5. Using 1/3 cup portions, drop biscuit dough onto sheet pan, being careful not to let the sides of the biscuits touch each other.
6. Bake for 15-18 minutes, or until lightly golden brown.

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