

## Sweet Potato Biscuits



### Ingredients

- 1  $\frac{3}{4}$  cups + 2 tablespoons all-purpose flour, plus more for rolling
- 1 Tablespoon sugar
- 1 Tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{8}$  -  $\frac{1}{4}$  teaspoon ground nutmeg or cinnamon
- 1 medium to large sweet potato, cubed
- 6 Tablespoons butter, cold
- $\frac{1}{2}$  cup buttermilk (may substitute  $\frac{1}{2}$  cup whole milk +  $\frac{1}{2}$  teaspoon white vinegar)

### Instructions

1. Heat oven to 425°F.
2. Spray a baking sheet with cooking spray or line it with parchment paper.
3. In a bowl, mix together: Flour, Sugar, Baking powder, Salt, Baking soda, Nutmeg or Cinnamon
4. Grate the cold butter using a box grater, add the grated butter to the bowl. If you don't have a box grater, chopping up the butter will be just fine!
5. Use a fork to mix until the mixture looks like small crumbs.
6. Do not use your hands. The butter should stay cold.
7. To make the mashed sweet potatoes, add potatoes to a large pot and cover with water (about 1 inch).
8. Bring to a boil and reduce heat to a simmer.
9. Simmer for 10-15 minutes until fork tender.
10. Drain potatoes and mash
11. Allow them to cool in the refrigerator or on the counter before the next step.
12. Make a small hole in the middle of the bowl, and add the mashed sweet potato and buttermilk. Stir until a soft dough forms. Some flour may not mix in yet.
13. Place the dough on a lightly floured surface (if sticky, sprinkle with a little flour).
14. Press the dough into a rectangle about 1 inch thick.
15. Fold the dough in half, and press flat again.
16. Repeat folding and pressing 3 more times.
17. Press the dough into a rectangle about  $\frac{3}{4}$  inch thick. (Cut into 8 squares).
18. Place biscuits on the baking sheet, about 1 inch apart.
19. Bake for 13-15 minutes until lightly golden, let biscuits cool on the pan for 5 minutes.
20. Optional: Brush with melted butter and add a little salt.

### Notes

- Leftover biscuits also can be frozen for up to 2 months. Simply thaw at room temperature and reheat in the oven or toaster oven for best results.

*Adapted from [therealfooddietitians.com](http://therealfooddietitians.com)*

**NEXT BOX:**



**ORDER BY THURSDAY, FEB 5. PICK-UP WEDNESDAY, FEB 11.**  
**ORDER BY THURSDAY, FEB 19. PICK-UP WEDNESDAY, FEB 25.**

## Chicken, Kale & Tomato Sauté



### Ingredients

- 1 Chicken Breast, cubed
- 2 cups Kale, chopped
- 1 Tomato, chopped
- 1 teaspoon Oil
- Salt and pepper, to taste

### Instructions

1. Heat a pan over medium heat. Add the oil and let it warm for about 30 seconds.
2. Add the chicken to the pan in a single layer. Sprinkle with salt and pepper.
3. Cook the chicken for about 4-5 minutes, stirring occasionally, until it is no longer pink and cooked through.
4. Add the chopped kale to the pan. Stir and cook for 2-3 minutes until the kale softens and shrinks down.
5. Add the chopped tomato. Cook for 1-2 minutes, just until warmed and slightly soft.
6. Taste and add more salt or pepper if needed.
7. Serve hot.

*From FoodShare-SC Culinary  
Medicine Teaching Kitchen*

## Kale Chips



### Ingredients

- 1/2 tablespoon olive oil
- 1 large bunch green kale
- 1/2 teaspoon garlic powder, or 1/2 garlic clove minced
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder
- Salt to taste

### Instructions

1. Preheat the oven to 300 degrees Fahrenheit.
2. Remove stems from the kale leaves and chop into 1-2 inch pieces. To remove excess moisture pat dry with paper towels. Transfer kale leaves to a large bowl.
3. Toss with olive oil, salt, garlic powder, paprika, and onion powder.
4. Using your hands, gently massage oil into leaves.
5. Spread kale leaves in a single layer onto a baking sheet or two. (Make sure leaves don't overlap.)
6. Bake for 20-25 minutes or until kale leaves have darkened and dried.
7. Cool for 5 minutes before serving.
8. Store extra chips in an airtight container or ziploc bag on the counter and enjoy within 2-3 days.

*Adapted from dietitiandebbie.com*



As we move into 2026, we are increasing our efforts to source more from local farmers to supply our bi-weekly Fresh Food Box program in the Midlands area. This week, we are excited to include tomatoes and broccoli from Toms Creek Family Farms in Hopkins, SC!

