

# Healthy Loo & You!

## Thanksgiving is Upon Us...

The end of the year is gaining steam. We all know Christmas and the New Year are on their way when Thanksgiving rolls around. This year, let's give thanks by inviting the family and friends around for dinner. Giving back to those you love is never a chore, it's a labor of love.

If you're stressing because you want to invite everyone to dinner – but don't know what to cook, then relax and take a deep breath. So, strap on your apron, warm up the oven and get ready to create a nutritious but sweet dish that's sure to please all.

### Perfect Baked Sweet Potato (4-servings)

Sweet potatoes are a classic addition to a Thanksgiving dinner. The fact that they're low in carbs and calories means that you get to leave room for other dishes. This recipe gives you perfectly roasted sweet potatoes every time.

#### INGREDIENTS

4-large sweet potatoes.

4-tablespoons butter.

1-teaspoon ground cinnamon for dusting.

#### DIRECTIONS

Preheat the oven to 400F. Scrub your sweet potatoes clean of all debris. For this task, it's best to use a kitchen scourer as your hands probably won't get rid of all of the dirt. There's nothing worse than biting into a sweet potato only to chew on a mouthful of grit.

After you've cleaned the potatoes properly, pierce the outside multiple times all-over the skin using a knife or fork. This strategy lets the moisture escape from the potato while it's cooking. If you don't, you can expect the potato to split open after about 10 to 15-minutes.

Bake the potatoes in the oven for 50 to 60-minutes until fork tender. Remove from the oven and split open with a knife. Drop a pat of butter into the slit and let it melt. Serve warm.

### UPCOMING EVENTS!!!

**Human Trafficking & World AIDS Day Forum**  
**December 3, 2019 6 pm in the Warren Hall CO-OP**



Are you a Tougaloo College Student who does not have a meal plan? If so, contact Ms. Coleman at 601-977-6137 to complete an application for **Supplemental Nutrition Assistance Program (SNAP)** benefits.

**Student Support Pantry is on-going.** We are still accepting donations at the Owens-Health & Wellness Center administration office. **Please be mindful of expiration dates!** Thanks in advance!

**Counseling Services** are available in the OHWC Family Life Center!

**Open Registration** for Fitness Center Membership (**fees increase to \$10/month in January**)

- Students free of charge
- Faculty & Staff \$25  
Registration fee plus \$5 per month
- Seniors Registration fee plus \$15 per month

### Pardon our Progress!

**Exciting Upgrades are in the Works in the Fitness Center!**

