

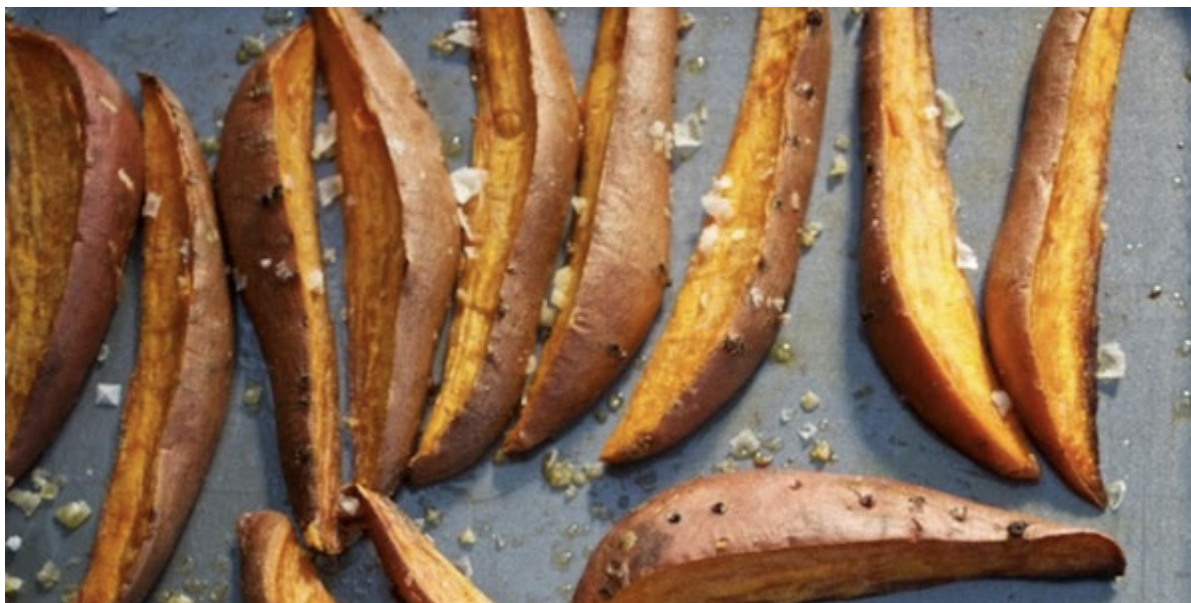
From: No Kid Hungry info@strength.org
Subject: January recipe: sweet, healthy and affordable
Date: January 16, 2021 at 9:20 AM
To: Nick Radonic big.rad@gmail.com

NH



RECIPE OF THE MONTH

Chefs are active supporters in our work to feed hungry kids — as advocates, fundraisers and ambassadors. As our thanks to you, we share a recipe from one of our chef friends each month. This month's recipe comes from Chef Tanya Holland of Brown Sugar Kitchen in Oakland, CA. Tanya is a member of No Kid Hungry's leadership council, has participated in multiple No Kid Hungry events and is a tireless advocate for ensuring all kids have the healthy food they need.



Baked Sweet Potato Wedges

By Tanya Holland

Serves 6-8

Ingredients:

- 3 lbs red-skinned sweet potatoes scrubbed and unpeeled

3 lbs red skinned sweet potatoes, scrubbed and unpeeled

- 2 tablespoons olive oil, plus more if needed
- 2 teaspoons Creole Spice Mix (see recipe below)
- Kosher salt, to taste

Method:

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper.
2. Prick each sweet potato several times with a fork and place on the prepared baking sheet.
3. Bake until tender when pierced with a fork, about 30 minutes. Remove from the oven and let cool slightly.
4. Cut each sweet potato lengthwise into 1-inch wedges.
5. Arrange wedges on one layer on the baking sheet and season with the olive oil, then the salt and Creole Spice Mix. Bake an additional 5 minutes, then flip the wedges and bake another 5 to 7 minutes, until crisp and slightly browned.
6. Arrange the wedges on a serving platter and serve immediately.

Creole Spice Mix

Makes about 1/3 cup

Ingredients:

- 3 tablespoons kosher salt
- 3 tablespoons dried herbes de provence
- 3 tablespoons ground cumin
- 5 teaspoons cayenne
- 4 teaspoons each freshly ground black pepper and paprika

Method:

1. Mix all ingredients together and store airtight at room temperature up to 3 months.



About Tanya Holland

Acclaimed for her inventive take on modern soul food, as well as comfort classics, Tanya Holland is the Executive Chef/Owner of the internationally renowned and beloved Brown Sugar Kitchen restaurant, located in Oakland, CA. The author of *The Brown Sugar Kitchen Cookbook* and *New Soul Cooking*, Holland competed on the 15th season of *Top Chef* on Bravo, appears on the new HBO Max show *Selena + Chef* featuring Selena Gomez and is the host of OWN's *Tanya's Kitchen Table*. In 2020, Holland launched "Tanya's Table" podcast with MuddHouse Media. She is on the Board of Trustees for the James Beard Foundation, and Brown Sugar Kitchen has received multiple Michelin Bib Gourmand awards. Additionally, she

has teamed up with Oakland Museum of California (OMCA) to create a new café concept for the Museum: Town Fare by Tanya Holland in 2021. She is an in-demand public speaker and lecturer who frequently leads the conversation on inclusion and equity in the hospitality industry.

SUPPORT US

