

# Weird and Wonderful this Summer

## Lychee & Purple Sweet Potato

### Health Benefits of Lychees

- ✓ Rich in vitamin C and vitamin B-complex
- ✓ Rich in manganese, magnesium, copper, iron, and folate which are needed for red blood cell production
- ✓ Contains the antioxidant, quercetin, which has anti-inflammatory properties

### Health Benefits of Purple Sweet Potatoes

- ✓ Rich in potassium which helps to maintain normal blood pressure
- ✓ High in the antioxidant, beta carotene, which helps to fight free radicals
- ✓ High in fibre
- ✓ One of the best sources of vitamin A

#### Fruity Berry Lychee Salad (Serves 2-3)

##### Ingredients:

- 1 cup of strawberries
- 1 cup of raspberries
- 1 cup of blackberries
- 1 can of lychees (reserve the syrup)
- 1 mango, cubed
- 1 lime, sliced into disks
- 1 tbsp. of black sesame seeds
- 1 tbsp. of roasted white sesame seeds

##### Directions:

1. In a large bowl, add and toss the fruit in the following order: strawberries, mango, lychees, lime, raspberries, blackberries
2. Drizzle the lychee syrup all over the fruit salad
3. Sprinkle the black and roasted white sesame seeds all over the salad



(Source: Lisa Dang)

#### Chile-Lemon Roasted Purple Sweet Potato French Fries (Serves 5-6)

##### Ingredients:

- ¼ cup olive oil
- 2 tsp. chile powder
- 1 tsp. brown sugar
- ½ tsp. salt
- ground black pepper
- 2 ½ tbsp. fresh lemon juice
- 1 lbs. purple sweet potatoes



(Source: Cooking on the Weekends)

##### Directions:

1. Preheat the oven to 425 degrees
2. In a small bowl, mix oil with lemon juice, chile powder, brown sugar, salt and pepper.
3. Wash and cut the potatoes into 1 cm sticks.
4. Spread them evenly on a baking sheet and drizzle with the mixture. Sprinkle with a bit of salt.
5. Put it in the oven for 15-20 minutes. Flip them and continue to roast them for another 15 minutes.