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## Are potatoes nightshade family

HomeRecipesDishes & BeveragesPies My sweet potato pie recipe came from my great aunt. Both the taste and the aroma during baking are so enticing. —Laura Speck, North Little Rock, AR2 small sweet potatoes (8 ounces each)1/2 cup butter, softened1-1/2 cups sugar1/4 cup packed brown sugar2 teaspoons pumpkin pie spice1/2 teaspoon salt3 large eggs1/2 cup buttermilk1 teaspoon vanilla extractPastry for single-crust deep-dish pie (9 inches)Sweetened whipped cream, optionalPlace potatoes in a small saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 30-40 minutes or until tender. Drain; cool potatoes slightly. Peel potatoes; return to pot. Mash until smooth. Preheat oven to 425°. In a large bowl, beat sweet potatoes, butter, sugars, pumpkin pie spice and salt. Beat in eggs, buttermilk and vanilla until smooth. Pour into pastry shell. Bake on the lowest oven rack 10 minutes. Reduce oven setting to 375°. Bake 30-40 minutes longer or until edges are puffed and center is just set. Cool on a wire rack; serve within 2 hours or refrigerate and serve cold. If desired, serve with whipped cream. Pastry for single-crust deep-dish pie (9 inches): Combine 1-1/2 cups all-purpose flour and 1/4 tsp. salt; cut in 2/3 cup cold butter until crumbly. Gradually add 3-6 Tbsp. ice water, tossing with a fork until dough holds together when pressed. Wrap in plastic wrap and refrigerate 1 hour. So, can you describe this place for us? Nightshade has hanging green plants, eclectic touches, and mid-century modern furniture that's upholstered in jade-green velvet. What was the crowd like? The crowd is young, diverse, and eclectic, but most spent at least some time watching Mei Lin wipe out the competition on "Top Chef" before opening this restaurant. What should we be drinking? If you're into tropical flavors, don't skip Lin's her canned collaboration with Underwood Wines, a spritz made with lychee and rose. Main event: the food. Give us the lowdown—especially what not to miss. Nightshade is a pan-Asian homage to modern Angeleno cooking. Taking influence from her world travels, Lin turns out dishes that masterfully balance the five elements of taste. One cult favorite: the scallops, which are presented with a house-made coconut vinegar and cilantro broth. It's sweet, sour, and bright—everything you want from the perfect bite. And how did the front-of-house folks treat you? Staff is incredibly knowledgeable about Lin's international ingredients. And they're super attentive, too. Susie Cushner This classic French side dish features buttery layers of thin-sliced potatoes that are baked until tender and golden on the top. We add pizzaz to the presentation with leaf-shaped purple potato and yam cutouts. Advertisement - Continue Reading Below Cal/Serv: 260 Yields: 8 Total Time: 1 hour 40 mins 1/2 c. butter 7 large russet potatoes 1 3/4 tsp. salt 1/2 tsp. ground black pepper 2 large purple potatoes 1 large yam 1 tbsp. canola oil This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site. Heat oven to 425 degrees F. Heat the butter in a small saucepan until foamy. Remove from heat, skim off and discard the foam.Slice 6 russet potatoes to about 1/8-inch thickness. Pour 1 tablespoon butter into a 12-inch skillet. Line the skillet with a layer of potato slices slightly overlapping one another. Sprinkle with 1/2 teaspoon salt and brush with butter. Repeat, adding layers until the sliced potatoes and all but 1/4 teaspoon salt are used. Flatten by pressing down with a spatula and sprinkle with black pepper. Bake for 50 minutes and press down again with spatula.Slice remaining russet, purple potatoes, and yam to about 1/8-inch thickness lengthwise and use mini-leaf-shaped cutters to punch out shapes using cookie cutters. Heat 1 tablespoon oil in a small skillet and fry the leaf cutouts over medium-high heat until golden around edges. Toss with remaining salt. Drain on a paper towel-lined plate and set aside.Increase oven temperature to 500 degrees F and continue to bake until golden around edges—about 10 more minutes. Run a rubber spatula around the edges to loosen and invert onto large plate. Arrange the yam and purple potato leaves on top to decorate. Serve warm. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Advertisement - Continue Reading Below This site is not available in your country This site is not available in your country This site is not available in your country What are nightshade fruits and veggies?Nightshade fruits and vegetables are a broad group of plants from the solanum and capsicum families. Nightshade plants contain poisons, one called solanine. While ingesting nightshade plants can be fatal, fruits and vegetables in this same classification of plant — many of which you'll find at your local grocery store — are actually safe to eat.This is because the amount of this toxic compound is lowered to nontoxic levels once the fruits and vegetables ripen. Still, the leaves and berries of the deadly nightshade plant are toxic and shouldn't be consumed.Find out exactly which of the nightshades are the most nutritious.Share on PinterestTomatoes are a staple of many diets for numerous reasons. In addition to how easy they are to grow, they're also packed with nutrition. This fruit is high in vitamins A and C, and is also a good source of iron, potassium, vitamin B-6, manganese, and dietary fiber.According to Penn State University's Extension program, current research suggests that tomatoes contain carotenoids, powerful antioxidants that protect the body from certain types of cancers. Lycopene, the most common carotenoid found in tomatoes, may help reduce the risk for pancreatic, prostate, and digestive cancers.Try this fresh-from-the-garden tomato soup to warm you up on a cold day.Potatoes are one of the most abundantly grown foods used in the Western world. They're also part of the perennial nightshade family that can be mildly poisonous when eaten before they're ripe, while the skin is still green.Potatoes are great sources of vitamin C, which helps aid immunity. They also contain enough potassium, vitamin B-6, and fiber to make a healthier staple than you may realize. Moreover, they contain carotenoids, flavonoids, and caffeic acid, all forms of phytonutrients known to promote health benefits, according to the USDA.There are also many different types of varieties, which have different health benefits. Potatoes are rich in vitamins A, B, C, and E, along with iron and zinc. They provide an easy way to get necessary, critical amounts of nutrients for people living in developing worlds.Potatoes aren't as healthy when they're prepared with high amounts of fats, salts, and oils, like french fries. Because nothing beats a homestyle staple, try this take on roast potatoes.If you need a boost of vitamin C, bell peppers are a great choice. One green pepper contains more vitamin C than an orange.Bell peppers are one of the tastiest snacks in the nightshade family. You can slice them up and dip them in hummus, add them to a stir fry, or try making this bell pepper farro salad.Hot peppers may be nightshades, but like the sun they can bring some heat. And if your tongue can endure the burn, these fiery devils contain good nutrients.Common hot peppers — like jalapenos, serrano peppers, and red or green chilies — are good sources of vitamin C, vitamin A, and potassium.Capsaicin, what helps give spicy peppers their kick, has been shown to decrease inflammation, which can help people with joint disorders walk with less pain.If you want something sweet with your spice, try making these chili-chocolate dipped cherries.Eggplant is a good source of manganese, a mineral important for both development and metabolism. Additionally, according to researchers, eggplant contains natural antioxidants that can help protect your skin from the oxidative stress of the sun's ultraviolet radiation.Because of their meaty texture when cooked, they're popular among vegetarians — think eggplant parmesan — as well as with vegans.Whip together this curried okra and eggplant to try something with a bit of Mediterranean flair.The tonatillo is a nightshade that grows in a husk and is similar to a tomato. Common in Central and South America, it's a staple of Mexican green sauces and can be boiled, fried, or steamed.While not as nutritiously plentiful as your garden-variety red tomato, they contain antioxidants and can help you sneak some extra fiber into your diet without adding in too many extra calories.Check out a healthy tomatillo salsa or better yet a roasted tomatillo chicken rice bowl packed with protein and fiber.To find fresh goji berries, you'll have to visit a Chinese plantation. But they're also typically found at specialty food stores in dried form, sometimes labeled as wolfberries.Goji berries contain protein and numerous healthy amino acids such as tyramine. They're high in antioxidants, which help immune function and cell health. If you're trying them for the first time, know that it's possible to be allergic to them. You'll want to stop eating them should you develop a rash or become ill.To get more beneficial nightshades in your diet, try adding goji berries into this double berry cobbler.Blueberries contain solanine alkaloid like nightshade plants, though they aren't technically a nightshade plant. Blueberries are often touted as a superfood because many believe they contain cancer-preventing ingredients. They're high in antioxidants, which are known to reduce inflammation. With that in mind, blueberries are thought to prevent inflammatory diseases such as metabolic syndrome, type 2 diabetes, Alzheimer's, and cardiovascular disease.According to researchers at the Gerontological Society of America, evidence from recent studies show that blueberries contain flavonoids, specifically one called anthocyanin, that's directly associated with cognitive benefits.A cup of blueberries provides a quarter of your daily vitamin C needs, as well as supplying some dietary fiber. The fiber, when combined with probiotics in yogurt, can keep your gastrointestinal tract in good working order.For a healthy morning burst of blueberry bliss, try this blueberry and spinach smoothie. The private chef of noted beautiful people Gisele Bündchen and Tom Brady revealed this week that the couple follow a super-strict, healthy diet.On the list of their no-gos are gluten, dairy, sugar, caffeine and... nightshade vegetables?By this, their chef Allen Campbell doesn't mean the poisonous deadly nightshade, also known as atropa belladonna. Because no one would willingly eat that. He's actually referring to plants from the Solanaceae family, which produce tomatoes, potatoes, eggplants, bell peppers and chili peppers.Campbell says that Brady avoids eating nightshades "because they're not anti-inflammatory." But does this mean they actually cause inflammation? Or could they be bad for you in any way?Registered dietitian Sarah-Jane Bedwell says that nightshade vegetables are nothing to worry about. "There's no scientific evidence that nightshade vegetables such as tomatoes, peppers, and eggplant cause inflammation," she tells SELF. "In fact, these vegetables are great sources of antioxidants such as vitamin C and lycopene which can actually help reduce inflammation and disease.Plus, since we all need to eat more vegetables, there's no reason to avoid these—science shows their benefits and does not indicate any risks of consuming them."Brigitte Zeitzlin, M.P.H., R.D., C.D.N., and founder of the New York-based BZ Nutrition, tells SELF that while nightshades may not cause inflammation, they "can aggravate inflammation in some people who do not tolerate these particular vegetables well."Zeitzlin explains:"One of the elements in nightshades is called alkaloids, which are perfectly healthy and safe to eat. Some people cannot digest alkaloids as well as others, the same way some people are lactose intolerant and others are not. So for people who are sensitive to these veggies, they should avoid them, the same way you should with any food you are sensitive to."In order to see if nightshades negatively affect you, Zeitzlin recommends cutting them out of your diet completely for two weeks and keeping a food diary."Write down what you are eating and any physical or digestive differences you are feeling or noticing," she says. "If you notice a difference such as improved arthritis symptoms or less cramping/bloating, then continue to leave them out but make sure you are eating a variety of other fruits and vegetables. If you are not noticing any changes, then work them back in, because they have a variety of antioxidants, vitamins, and minerals that you should be getting in your diet... and they are also delicious! So don't leave them out if you feel perfectly healthy with them."Ultimately, says R.D. Abby Langer, people should restrict their diets based on what they themselves are sensitive to and not fads."People are all different and can be sensitive to a lot of things," she tells SELF. "If you find that you don't feel good after eating something, whether it's eggplant, tomatoes, or your mother's meatballs, don't eat it. I'm not sure how common sensitivities to nightshades are, but certainly they're not high on the most-allergenic food list."Langer recommends: "Before you cut out an entire group of foods from your diet, consider where the recommendation is coming from and do your own research—preferably using a reliable site."Sounds good to us.Photo Credit: Lucas Cobb via Flickr You may have heard the term nightshades as it relates to certain foods and wondered what it means. It certainly has some ominous overtones, especially as it tends to bring to mind the so-called "deadly nightshade" (which, thankfully, isn't a food at all). So what are nightshades, and what role do they play in your cooking? Nightshades are a family of flowering plants, classified as Solanaceae, comprising more than 2,700 species. This includes four that are of interest from a culinary standpoint: potatoes, eggplant, tomatoes, and peppers. For those who like to geek out on botanical names, potatoes, tomatoes and eggplant are classified under the genus Solanum, while peppers are classified under the genus Capsicum. For instance, potatoes are known as Solanum tuberosum, tomatoes are Solanum lycopersicum, and eggplant are Solanum melongena. Peppers, however, are known as Capsicum annuum since they are classified under a different genus, although all four are members of the Solanaceae family. While potatoes are vegetables since they are an edible root, the other three—peppers, eggplant, and tomatoes—are all fruits. This is because they have seeds, and the definition of a fruit is any part of a plant that bears seeds. As for the so-called "deadly nightshade," this term refers to Atropa belladonna, sometimes referred to simply as belladonna. This plant has poisonous leaves and berries whose only relation to potatoes, eggplant, tomatoes, and peppers is that it comes from the Solanaceae family. Potatoes are among the most versatile foods in the world and are commonly prepared using every cooking technique, including frying, boiling, steaming, roasting, baking, and sauteeing. They're available in numerous varieties in a range of starchiness, with russet potatoes, which most people know of as the standard brown baking potato, being the starchiest. In addition to baking, russets are great for making mashed potatoes and french fries. Yukon golds are a wonderful all-purpose potato with medium starch that are equally good for mashing, baking, boiling, and roasting. White and red potatoes are known as waxy potatoes because their texture is much firmer and less mealy than russets. Waxy potatoes are excellent for roasting, boiling, and in soups and stews since they hold their shape and don't fall apart. You might not be able to make them into french fries, but tomatoes are every bit as versatile and ubiquitous as potatoes. They appear in cuisines from the Americas (where they originated) to Europe and Africa and, to a lesser extent, Asia, where they were introduced by the Spanish in the Philippines and eventually made their way across Asia. Unlike potatoes, which are really only eaten cooked, tomatoes can be eaten cooked or raw. Indeed, while they can be stewed and made into sauces, one of the best ways to enjoy tomatoes, especially the super-flavorful heirloom varieties, is in salads and sandwiches. Eggplant grows in all kinds of shapes, sizes, and colors, ranging from small two-inch globes to oblong and tubular varieties that can surpass 12 inches in length. In the U.S., the most common variety is the Italian eggplant, recognized by its glossy, purplish-black skin and creamy white flesh. Common methods for cooking eggplant include frying, sauteeing, steaming, simmering, grilling, and roasting. It is usually sliced or diced and can be prepared with its skin on or off. In addition to the Italian variety, the Japanese or Chinese eggplant is much longer and narrower and features a lighter purple and white skin. Peppers, a species that includes sweet varieties like bell peppers to the ultra-hot habanero and scotch bonnet varieties, are most notable for the fact that they contain a chemical compound called capsaicin which results in the sensation of pungency, or spiciness. The bell pepper is the only exception to this since they don't produce capsaicin at all. The hotness of chiles is measured according to the Scoville heat scale which assigns a score to each chile in Scoville heat units. So that for instance, bell peppers are 0, Anaheim peppers are 500 to 1,000, jalapenos score 2,500 to 8,000, and habaneros are at 80,000 units and sometimes much higher. At least two foods are sometimes erroneously grouped in with nightshades: zucchini and okra. Zucchini are from the family Cucurbitaceae, in the genus Cucurbita, which also includes squash and pumpkins. Okra are from the family Malvaceae and the genus Abelmoschus, of which okra is the primary edible species. And this is where those botanical names come in handy. Because if it's not in the family Solanaceae, it's not a nightshade.

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