

HARVEST ROASTED SWEET POTATOES

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 5 (Serving= 1 cup)

Nutrition (per serving)

Calories: 284

Total Fat: 15 g

Saturated Fat: 2 g

Sodium: 257 mg

Total Carbohydrate: 38 g

Dietary Fiber: 5 g

Total Sugars: 22 g

Protein: 3 g



Ingredients

- 3 cups chopped sweet potatoes
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon olive oil
- ½ cup pecan halves
- ½ cup raisins
- 1 cup chopped apples (any variety)

- ½ cup chopped red onion

Vinaigrette

- 1 ½ Tablespoons olive oil
- ½ Tablespoon apple cider vinegar
- ½ Tablespoon honey
- ½ teaspoon garlic powder

Directions

1. Preheat oven to 400°F.
2. Place sweet potatoes, salt, pepper, and 1 Tablespoon olive oil into a zip top bag. Shake until evenly coated. Spread sweet potato cubes onto a non-stick baking sheet, and roast for 20 minutes (or until fork tender), flipping the sweet potatoes halfway through cooking.
3. Combine the pecan halves, craisins, apples, and onion in a large bowl. Add roasted sweet potatoes.
4. In a small bowl, whisk together the remaining 1 ½ Tablespoons olive oil, vinegar, honey, and garlic powder. Pour over ingredients in large bowl and toss to evenly coat.