

ROASTED SWEET POTATOES AND PINEAPPLE

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving = 1 1/2 cups)

Nutrition (per serving)

Calories: 171	Total Carbohydrate: 26
Total Fat: 7 g	Dietary Fiber: 2 g
Saturated Fat: 1 g	Total Sugars: 15 g
Sodium: 165 mg	Protein: 2 g

Ingredients

- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 medium pineapple, peeled, cored, and cut into 1-inch pieces
- 2 Tablespoons olive oil
- ¼ teaspoon cayenne pepper

Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. On a large rimmed baking sheet, toss together all ingredients.
3. Roast 30 to 35 minutes, stirring every 10 minutes, until sweet potatoes and pineapple are tender and golden.

**Recipe adapted from marthastewart.com*