

ROASTED SWEET POTATOES WITH SPICY MAPLE PECANS

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (1/2 cup servings)

Nutrition (per serving)

Calories: 140

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 135 mg

Total Carbohydrate: 18 g

Dietary Fiber: 3 g

Total Sugars: 6 g

Added Sugars: 2 g

Protein: 2 g

PREP TIME: 20 min

COOK TIME: 30 min

TOTAL TIME: 50 min



Ingredients

- 3 medium sized sweet potatoes, cut into ¾ inch cubes
- 1 Tablespoon olive oil
- 1 Tablespoon chopped fresh rosemary
- 1 clove garlic, minced
- 1 small shallot, chopped
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1/3 cup unsalted chopped pecans
- 1 Tablespoon pure maple syrup
- 1/8 teaspoon ground cayenne pepper

Directions

1. Preheat oven to 400 degrees and line a large baking sheet with parchment paper.
2. To a large bowl, add sweet potatoes, olive oil, rosemary, garlic, shallot, salt, and pepper. Mix to combine and pour out onto prepared baking sheet. Roast for 20 minutes.
3. While you're roasting the sweet potatoes, add pecans, maple syrup and cayenne pepper to a small bowl. Mix to combine.
4. Once potatoes have roasted for 20 minutes, use a spatula to move the potatoes to one half of the baking sheet. To the other half of the baking sheet, add your pecan mixture and continue to roast for 10 minutes.
5. Mix the potatoes and pecans together, serve and enjoy!