



Roasted Almond Sweet Potatoes

Ingredients

- 4 medium sweet potatoes (peeled and cut into 1-in-thick cubes)
- 3 Tbsp. olive oil
- 4 large garlic cloves, minced
- 1/2 cup slivered almonds
- 1/3 cup fresh thyme leaves
- 1/2 tsp kosher salt (optional)

Instructions

1. Preheat oven to 425°F.
2. In a large mixing bowl, combine cubed sweet potatoes, olive oil, garlic, together.
3. Arrange potato slices into a single layer on a 9 X 13-inch baking sheet. Place on top rack of the oven and roast until tender and slightly browned (about 40 minutes).
4. On a separate baking sheet, spread slivered almonds into a single layer. Place in oven and toast for about 8 minutes, or until aromatic. Remove from oven and cool.
5. Place roasted sweet potato mixture in serving bowl and top with toasted almonds.
6. Serve & Enjoy!



Nutrition Information

Recipe adapted from:

www.desmoinesregister.com

Servings Per Recipe: 6

Calories: 180

Total Fat: 11 g

Cholesterol: 0 mg

Sodium: 207 mg

Total Carbs: 18 g

Fiber: 3.7g

Protein: 3.6 g



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Sweet Potato Casserole



Ingredients

- 3 medium sweet potatoes (peeled and cut into 2-in. chunks)
- 2 Tbsp. brown sugar
- 1 Tbsp canola oil
- 1 tsp vanilla extract
- 1 8-ounce can crushed pineapple, undrained
- 2 large eggs
- 1/4 tsp ground cinnamon
- 1 cup low-fat evaporated milk
- 1/2 tsp salt
- 1/2 cup chopped, pecans

Instructions

1. Place sweet potatoes in a large saucepan and cover with water and bring to a boil. Reduce heat to a simmer and cook until tender (about 10-15 minutes).
2. Drain well and transfer to food processor and blend until smooth (can also use fork or potato masher)
3. Preheat oven to 350°F. Coat an 8-in square oven-safe dish.
4. Whisk eggs, brown sugar, cinnamon, oil, evaporated milk, vanilla, and salt in large bowl until smooth. Add sweet potato; whisk until smooth. Stir pineapple and its juice and spread the mixture in prepared baking dish.
5. Sprinkle with pecans and bake until heated through and edges are bubbling (about 30-45 minutes).
6. Serve & Enjoy!

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Recipe adapted from:

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