



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Roasted Sweet Potatoes with Pecans

Ingredients:

- 4 sweet potatoes, scrubbed and cut into bite size pieces
- 2 tablespoons olive oil
- ¼ cup toasted pecans, coarsely chopped
- Salt (optional) and pepper to taste

Serves 4

Nutrition: 220 calories, 9 g fat, 33 g carbohydrate, 3 g protein, 20 mg sodium (with no added salt)

Source: Harvard School of Public Health



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Directions:

1. Preheat oven to 350°F.
2. Toss the sweet potato pieces with the olive oil, salt (optional) and pepper, and place in a baking dish.
3. Roast for 10 minutes, stir, then remove from oven and toss the sweet potatoes with a spatula or tongs so that they will brown evenly. Return the sweet potatoes to the oven and roast until they are fork tender, about another 10 minutes.
4. Remove sweet potatoes from the oven and toss with the pecans. Return to the oven and roast another 7 to 10 minutes.
5. Remove the sweet potato mixture to a warm platter and serve immediately.