



Maple-Roasted Sweet Potatoes

Ingredients

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
1/3 cup organic pure maple syrup
2 tablespoons butter, melted
1 tablespoon lemon juice
1/2 teaspoon salt & ground black pepper to taste

Preparation

Preheat oven to 400°F.

Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. In small bowl, combine maple syrup, butter, lemon juice, salt and pepper. Pour the mixture over the sweet potatoes and toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Makes 12 servings

Prep Time: 10 mins

Cook Time: 1 hr 5 mins

Total Time: 1 hr 15 mins

Nutrition Facts

Number of Servings: 12

Amount Per Serving

Calories: 96

Total Fat: 2 g

Saturated Fat: 1 g

Cholesterol: 5 mg

Sodium: 118 mg

Total Carbohydrate: 19 g

Dietary Fiber: 2 g

Protein: 1 g

Broccoli With Caramelized Onions and Pine Nuts

Ingredients

3 tablespoons pine nuts, or chopped slivered almonds
2 teaspoons extra virgin olive oil
1 cup onion, chopped
1/4 teaspoon salt
4 cups broccoli florets
2 teaspoons balsamic vinegar
freshly ground pepper to taste



Preparation

Toast pine nuts (or almonds) in a medium, dry skillet over medium-low heat, stirring constantly, until lightly browned and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.

Add oil to the pan and heat over medium heat. Add onion and salt; cook, stirring occasionally and adjusting heat as necessary, until soft and golden brown, 15 to 20 minutes.

Meanwhile, steam broccoli until just tender, 4 to 6 minutes. Transfer to a large bowl. Add the nuts, onion, vinegar, and pepper; toss to coat. Serve immediately.

Makes 4 servings

Prep Time: 30 mins

Cook Time: 30 mins

Nutrition Facts

Number of Servings: 4

Amount Per Serving

Calories: 102

Total Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 166 mg

Total Carbohydrate: 9 g