

Roasted Sweet Potatoes with Apples

Servings: 8

Diet: Vegan, Vegetarian & Gluten-Free

Ingredients

- 2 tablespoons oil
- 1 tablespoon vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ teaspoon dried thyme
- 2 pounds sweet potatoes, peeled and chopped into ½ inch pieces
- 2 apples, cored and chopped
- 1 bunch scallions, white and green parts, cut into 2 inch pieces

Instructions

STEP 1: Preheat the oven to 400°F. Line a large rimmed baking sheet with foil.

STEP 2: In a large bowl, mix together the oil, vinegar, salt, black pepper, garlic powder and thyme. Add potatoes, apples and scallions and toss to coat.

STEP 3: Place the potatoes, apples and scallions on the baking sheet. Roast until the potatoes are tender, about 30 minutes. Serve warm.



- **Nutrition Boost:** For added protein, serve with chicken or fish.
- **Did you know?** Sweet potatoes contain vitamin C, potassium and fiber.



Per Serving: 150 Calories | 29g Carbs | 9g Sugar | 5g Fiber | 3.5g Fat (0.5g Sat Fat) | 2g Protein | 140mg Sodium
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