



Sage Sweet Potatoes with Walnuts

Recipe by RICFB Nutrition Education Team

Picture from www.bonappetit.com

Yield: 8 servings

Ingredients:

- 8 sweet potatoes, peeled, sliced about ½" thick
- 4-6 tablespoons extra virgin olive oil
- 1 shallot, finely chopped
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh lemon juice
- 8-10 fresh sage leaves
- ½ cup walnut pieces or halves
- salt and black pepper to taste
- optional: 4 oz. gorgonzola, goat or stilton cheese



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1. Wash the vegetables and cut according to the above description.
2. Preheat the oven to 425 degrees. Toss sweet potatoes and olive oil on a baking sheet; season with salt and pepper. Arrange in a single layer and roast until tender, about 30 minutes. Let cool and set aside.
3. For the vinaigrette, combine chopped shallots and vinegar in a medium bowl. Whisk in lemon juice and 3 tablespoons of olive oil, and season with salt and pepper.
4. In a small skillet, add a few tablespoons of olive oil. Heat the oil, add sage leaves, and fry until crisp, about 30 seconds. Transfer the sage to a paper towel to drain excess oil.
5. Lastly, place cooked and cooled sweet potatoes on a platter; drizzle with vinaigrette and sprinkle with the walnuts, sage and cheese, if desired.

Note: *Enjoy leftovers in a sandwich with crunchy lettuce, tomato and sliced apple!*