

HARVEST MEDLEY

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 140

Total Fat: 7 g

Saturated Fat: 2 g

Sodium: 170 mg

Total Carbohydrate: 17 g

Dietary Fiber: 2.5 g

Protein: 4 g



Ingredients

- 4 cups diced sweet potato, scrubbed and skins on
- 1 Tablespoon canola oil
- 2 Granny Smith apples, diced
- 1 teaspoon lemon juice
- 1 cup of coarsely chopped onion
- 1/2 cup chopped pecans
- 2 Tablespoons packed Splenda® Brown Sugar Blend
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup blue cheese (separate 1/2 cup and 1/4 cup reserved for topping)
- Cooking spray



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Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a medium bowl, toss the sweet potato cubes with canola oil. Spread onto a baking tray sprayed with cooking spray and roast for 15 minutes
3. In a large bowl, toss apples and lemon juice. Add potatoes, onion, pecans and coat evenly with brown sugar, salt and pepper. Add $\frac{1}{2}$ cup blue cheese and mix thoroughly.
4. Place contents into a 2 quart baking dish, cover with foil and bake for 20-25 minutes. Stir, remove foil, and bake additional 20 minutes or until sweet potato is fork tender.
5. Before serving, garnish with $\frac{1}{4}$ cup blue cheese.