

ROASTED SWEET POTATOES AND PINEAPPLE

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving = 1 1/2 cups)

Nutrition (per serving)

Calories: 171

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 165 mg

Total Carbohydrate: 26 g

Dietary Fiber: 2 g

Total Sugars: 15 g

Protein: 2 g



Ingredients

2 medium sweet potatoes, peeled and cut into 1-inch pieces

1 medium pineapple, peeled, cored, and cut into 1-inch pieces

2 Tablespoons olive oil

¼ teaspoon cayenne pepper



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Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. On a large rimmed baking sheet, toss together all ingredients.
3. Roast 30 to 35 minutes, stirring every 10 minutes, until sweet potatoes and pineapple are tender and golden.

**Recipe adapted from marthastewart.com*