

Sweet Potato



One medium-sized, baked sweet potato provides a total of 103 calories, 24 grams of carbohydrates, 3.8 grams of fiber and 7.39 grams of sugar. It also provides 2.29 grams of protein, less than 1 gram of total fat and 41 milligrams of sodium. Sweet potato is a rich source of vitamin A, along with vitamins B-6, C, E, K, thiamin, riboflavin, niacin, folate and pantothenic acid, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese and selenium.

Sweet Potato & Cabbage Stuffing with Apples serves 6

Ingredients

1 pound sweet potato, cubed	½ medium cabbage, chopped
1 apple, chopped	1 shallot, thinly sliced
3 tablespoons olive oil	1 cup onion, diced
1 cup celery, diced	10 slices day-old bread of choice, cubed
1 1/2 cups vegetable broth (plus extra as needed)	
2 teaspoons fresh rosemary, chopped	1 teaspoon fresh thyme, chopped
1 teaspoon fresh sage, chopped	1 teaspoon orange zest
1/3 cup pecans or walnuts	Sea salt and pepper to taste

Directions

1. Heat oven to 400 degrees. Toss the sweet potato, cabbage, apples, and shallot in 2 tablespoons oil and season well with salt and pepper. Roast till vegetables are very tender and remove from oven. Reduce oven heat to 350.
2. Heat remaining oil in a large pot. Sauté the onion and celery till translucent (about 5-8 min). Add the bread cubes and allow them to get golden brown with the veggies in the oil. Add a dash of salt and pepper.
3. Add the roasted vegetables, vegetable broth, pecans, zest and seasonings. Stir the mix till the broth has almost entirely absorbed in the toasted bread. Transfer to a baking sheet and bake at 350 for about 20 minutes. Serve warm!