

Featured Recipe

HERB ROASTED VEGETABLES (SERVES 4-6)

INGREDIENTS:

- 3 medium sweet potatoes, washed (about 2 pounds)
- 1 red pepper
- 1 yellow pepper
- 1 red onion
- 1/2 lb asparagus
- 8 cloves garlic, coarsely chopped
- 3 tablespoons fresh rosemary, chopped (or 3 teaspoons dried and crushed)
- 2 tablespoons fresh thyme (or 2 teaspoons dried leaves)
- 2 tablespoons olive oil
- 1/2 teaspoon salt

NUTRITION FACTS:

281 calories, 6g fat,
248mg sodium

DIRECTIONS:

1. Cut sweet potatoes in half lengthwise and then into 1/2" slices. Cut peppers and onions into 1"x 2" wedges. Cut asparagus into 1" lengths.
2. Put all of the vegetables in a large bowl.
3. Add garlic, rosemary, thyme and olive oil and stir to distribute seasonings.
4. Spread vegetables evenly on a cookie sheet and sprinkle with salt.
5. Bake in 500°F oven for 18-20 minutes.

Source: North Carolina Sweet Potato Commission