

Ruth Clark, RD, MPH

Roasted Sweet Potatoes with Caramelized Onions & Cilantro Dressing

Ingredients:

- 1 large or 2 medium sweet potatoes, cubed into bite sized pieces – about 4 cups cubed
- 3 tablespoons extra virgin olive oil
- 2 medium or 1 large red onion, about 2 cups thinly sliced
- 1 tablespoon white wine vinegar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped cilantro

Optional Toppings:

- Crumbled feta
- Kalamata olives
- Pine nuts
- More cilantro
- Pomegranate arils

Directions:

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Add sweet potato cubes to the baking sheet and toss with 1 tablespoon olive oil and roast in the oven for 20-25 minutes or until soft.
3. While the sweet potatoes are roasting, heat a small skillet over medium low heat and add 1 tablespoon olive oil and onions. Stir occasionally and saute for 20 minutes.
4. Add all of the remaining ingredients to a jar and shake as the dressing.
5. When the potatoes are done roasting, add the onions to the pan and toss lightly. Drizzle with the dressing and add optional ingredients.

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