

ROASTED SWEET POTATOES WITH APPLES, PARSNIPS, RED ONION AND ROSEMARY

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Ingredients

3 to 4 sweet potatoes (1 $\frac{3}{4}$ lbs.)
2 parsnips
3 gala apples (or other crispy apple of your choice)
1 red onion
1/4 cup fresh rosemary
1 teaspoon sea salt
1 teaspoon coriander
1/2 teaspoon fresh ground pepper
1/3 cup olive oil
1/4 cup balsamic vinegar



Instructions

Preheat oven to 400 degrees F.

Peel sweet potatoes, cut in large chunks about 1 $\frac{1}{2}$ inches. Peel parsnips, cut in 1 inch chunks. Wash apples, cut in 1 inch chunks. Peel red onions and slice. Wash rosemary, pull from stems.

Mix sea salt, coriander, black pepper, olive oil and balsamic vinegar.

Place sweet potatoes and parsnips in 10 x 15 baking dish, add olive oil mixture, toss to coat.

Cover and roast for 30 minutes. Remove from oven, add apples, onions and rosemary, toss well to coat, return to oven and roast uncovered for 30 minutes.

Yield: 12 cups

