Cranberry, Pecan and Goat Cheese Sweet Potato Bites

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Yield: 24 appetizers

1 pound sweet potatoes (two-inch diameter), sliced into 1/4-inch rounds 2 1/2 teaspoons extra-virgin olive oil Kosher salt (to taste) black pepper (to taste) 4 ounces goat cheese, softened 2 tablespoons milk 1 teaspoon fresh rosemary, freshly chopped salt (to taste) pepper (to taste) 1/4 cup toasted pecans, chopped 1/2 cup dried cranberries honey (for drizzling)

Arrange the rack in the middle of the oven. Preheat to 425 degrees.

Scrub the sweet potatoes. Slice into 1/4-inch rounds.

In a large bowl, toss together the sweet potatoes, olive oil, Kosher salt and black pepper. Arrange in a single layer on a parchment-lined baking sheet.

Bake for 8 minutes on each side or until tender.

In a bowl, using a whisk or a mixer with a whisk attachment, whip the goat cheese, milk, rosemary, salt and pepper until smooth and fluffy.

Spoon approximately 1/2 teaspoon of the goat cheese mixture onto each sweet potato round. Top with pecans and dried cranberries. Drizzle with honey.

Serve warm or at room temperature.

Per Serving (excluding unknown items): 634 Calories; 53g Fat (74.6% calories from fat); 36g Protein; 5g Carbohydrate; trace Dietary Fiber; 123mg Cholesterol; 407mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 7 1/2 Fat.