

Mustard-Roasted Sweet Potatoes and Apples

*Deborah Geering
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Servings: 6

*Nonstick vegetable oil spray
1/4 cup whole-grain Dijon mustard
2 tablespoons extra-virgin olive oil
2 tablespoons butter, melted
2 tablespoons fresh lemon juice
Zest of one lemon
2 small or 1 large shallots, peeled and minced
1 tablespoon packed light brown sugar
8 to 10 fresh sage leaves, finely chopped
2 pounds sweet potatoes, peeled and cut into 1/2-inch rounds and cut in half into crescents
2 golden delicious apples, quartered and cored and each quarter cut into 4 or 5 thick slices
Kosher salt
ground black pepper*

Position a rack in the top third of the oven and a rack in the bottom third. Preheat the oven to 425 degrees.

Spray two large rimmed baking sheets with nonstick spray.

In a bowl, whisk to blend the mustard, olive oil, butter, lemon juice, lemon zest, shallots, brown sugar and sage. Add the sweet potatoes and toss to coat. Remove from the dressing and spread on one of the baking sheets in a single layer.

Add the apples to the bowl. Toss well to coat and then spread on the remaining baking sheet.

Drizzle the remaining dressing over the potatoes and apples. Sprinkle with salt and pepper.

Roast for 20 minutes. Remove the apples; they should be tender but still hold their shape. Give the potatoes a toss and return to the oven to roast until they are crusty outside and tender inside, about 20 more minutes.

Gently combine the sweet potatoes and apples in a serving bowl. Serve warm.

This recipe can be made two hours ahead. Reduce cooking times for both vegetables by 5 minutes, keep at room temperature. Rewarm in a 425 degree oven for 5 to 10 minutes before serving.

Per Serving (excluding unknown items): 200 Calories; 9g Fat (38.1% calories from fat); 2g Protein; 30g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 55mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	200	Vitamin B6 (mg):	.3mg
% Calories from Fat:	38.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	58.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	17mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	0 0%
Carbohydrate (g):	30g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1 1/2
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	55mg	Vegetable:	0
Potassium (mg):	249mg	Fruit:	0
Calcium (mg):	29mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	27mg		
Vitamin A (i.u.):	22422IU		
Vitamin A (r.e.):	2263 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving		
Calories	200	Calories from Fat: 76
% Daily Values*		
Total Fat	9g	13%
Saturated Fat	3g	15%
Cholesterol	10mg	3%
Sodium	55mg	2%
Total Carbohydrates	30g	10%
Dietary Fiber	3g	13%
Protein	2g	
Vitamin A		448%
Vitamin C		46%
Calcium		3%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.