

Parsley, Lemon and Walnut Pesto Roasted Sweet Potatoes

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Servings: 8

4 medium sweet potatoes, scrubbed and cut into one-inch wedges
8 tablespoons extra-virgin olive oil
salt and freshly ground black pepper (to taste)
2 cups fresh flat-leaf parsley
1/4 teaspoon (one clove) chopped garlic
1/2 cup raw walnuts, toasted
grated zest of one lemon
1 tablespoon fresh lemon juice

Preheat the oven to 425 degrees.

Toss the sweet potatoes with two tablespoons of oil. Season with salt and pepper.

Roast the peppers, turning once, until tender, 23 to 25 minutes. Let cool slightly.

In a food processor, pulse the parsley, garlic, walnuts, lemon zest and lemon juice with six tablespoons of oil until combined. Season with salt and pepper.

Top the roasted sweet potatoes with the pesto.

Per Serving (excluding unknown items): 194 Calories; 14g Fat (62.8% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fruit; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	194	Vitamin B6 (mg):	.2mg
% Calories from Fat:	62.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	34.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	32mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	17mg
Potassium (mg):	218mg
Calcium (mg):	35mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	36mg
Vitamin A (i.u.):	1382IU
Vitamin A (r.e.):	1382RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 194 Calories from Fat: 121

% Daily Values*

Total Fat 14g	21%
Saturated Fat 2g	9%
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrates 17g	6%
Dietary Fiber 2g	10%
Protein 2g	
Vitamin A	276%
Vitamin C	59%
Calcium	4%
Iron	8%

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