

Shredded Sweet Potatoes with Dates and Pistachios

*Sara Moulton - Associated Press
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Servings: 6

*1/2 cup onion, finely chopped
3 tablespoons extra-virgin olive oil
2 pounds sweet potatoes, peeled and
coarsely shredded
Kosher salt
1/2 teaspoon smoked paprika
1/3 cup toasted chopped pistachios
1/2 cup chopped dried dates
1 1/2 tablespoons fresh lemon juice
2 tablespoons shredded fresh mint*

Preparation Time: 20 minutes

In a large skillet over medium heat, cook the onion in the oil until softened, about 5 minutes. Add the sweet potatoes and a hefty pinch of salt.

Increase the heat to medium-high. Cover. Cook, stirring occasionally, until the potato is tender, about 5 minutes.

Stir in the paprika, pistachios, dates, lemon juice and mint. Add salt to taste.

Shredding the sweet potatoes should preferably be done using the grating disk of a food processor.

Per Serving (excluding unknown items): 180 Calories; 7g Fat (34.8% calories from fat); 2g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat.