

Sweet Potatoes with Pecans and Blue Cheese

*All-Time Favorites 2012 Cookbook
Better Homes and Gardens Magazine*

Servings: 6

*2 large (1-1/2 pounds) sweet potatoes, peeled and cut lengthwise into thin wedges
1 small (1/2 cup) sweet onion, cut into one-inch pieces
4 tablespoons olive oil
1 tablespoon butter
1/3 cup pecan pieces
1 tablespoon packed light brown sugar
4 teaspoons cider vinegar
1 1/2 teaspoons honey
1 clove (1/2 teaspoon) garlic, minced
2 tablespoons crumbled blue cheese or finely shredded white cheddar cheese*

Preparation Time: 30 minutes

Roast: 37 minutes

Preheat the oven to 375 degrees.

In a 15x10x1-inch baking pan, combine the sweet potatoes and onion. Drizzle with two tablespoons of the olive oil. Sprinkle with 1/2 teaspoon of salt and 1/4 teaspoon of black pepper. Toss to combine. Spread the mixture in a single layer.

Bake for 30 to 35 minutes or until the vegetables are tender, stirring once.

Meanwhile, in a small skillet melt the butter over medium heat. Stir in the pecan pieces, brown sugar and 1/4 teaspoon of salt. Cook and stir for 2 to 3 minutes or until the pecans are coated in the brown sugar mixture. Remove from the heat. Spread on foil and let stand to cool completely.

For the dressing: In a small bowl, whisk together the vinegar, honey, garlic, 1/4 teaspoon of salt and 1/4 teaspoon of black pepper. Slowly whisk in the remaining two tablespoons of olive oil until combined. Whisk in one tablespoon of the blue cheese.

To serve, transfer the potatoes and onions to a serving plate. Drizzle with the dressing. Sprinkle with the pecans and remaining blue cheese.

Per Serving (excluding unknown items): 164 Calories; 11g Fat (59.3% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 27mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	164	Vitamin B6 (mg):	.1mg
% Calories from Fat:	59.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	38.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	10mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refuse:	0.0%
Carbohydrate (g):	16g		
Dietary Fiber (g):	2g		
Protein (g):	1g		
Sodium (mg):	27mg		
Potassium (mg):	132mg		
Calcium (mg):	17mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	11mg		
Vitamin A (i.u.):	8766IU		
Vitamin A (r.e.):	887RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 164 **Calories from Fat:** 97

% Daily Values*

Total Fat 11g	17%
Saturated Fat 2g	12%
Cholesterol 5mg	2%
Sodium 27mg	1%
Total Carbohydrates 16g	5%
Dietary Fiber 2g	7%
Protein 1g	

Vitamin A	175%
Vitamin C	19%
Calcium	2%
Iron	2%

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