



NUTRITION CONSULTING INC.

## Roasted Almond Sweet Potatoes

Created by the Almond Board of California

Makes 6 to 8 servings

### What you need:

- 4 medium sweet potatoes, peeled and cut into 1-inch-thick cubes
- 3 tablespoons (45 mL) olive oil
- 4 large garlic cloves, minced
- 1/3 cup (75 mL) fresh thyme leaves, plus 6 thyme springs for garnish
- 1/2 teaspoon (2 mL) kosher salt (optional)
- 1/2 cup (125 mL) slivered California Almonds



Photo courtesy of Almond Board of California

### How you prepare:

Preheat oven to 450 degrees. In a large mixing bowl, combine all ingredients and toss. Arrange potato slices into a single layer on a heavyweight rimmed baking sheet or in a 9x13 inch baking sheet. Place on the top rack of the oven and roast until tender and slightly browned, about 40 minutes. On another baking sheet, spread out the slivered almonds. Place in the oven and toast until slightly browned, about 8-10 minutes. Remove the almond baking sheet and the sweet potatoes. Mix together in a serving brown and garnish with thyme springs. Serve warm or at room temperature.

### Nutritional Analysis: per serving.

|                   |                    |
|-------------------|--------------------|
| Calories: 179.3   | Fibre: 3.743g      |
| Fat: 11.1 g       | Cholesterol: 0 mg  |
| Sat Fat: 1.224g   | Sodium: 207.6 mg   |
| Mono Fat: 7.554 g | Calcium: 58.6 mg   |
| Poly Fat: 1.898 g | Magnesium: 50.4mg  |
| Protein: 3.579 g  | Potassium: 343.8mg |
| Carb: 18 g        | Vitamin E: 3.704mg |

\* total alpha-tocopherol equivalents

Recipe used with permission from the Almond Board of California. Visit [www.almondboard.com](http://www.almondboard.com) for more great recipes.

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