

Spicy-Sweet Roasted Sweet Potatoes

Adapted by Njeri Kai Jarvis from Marlig, Christin. (2017). Spicy-Sweet Roasted Sweet Potatoes. Spicy Southern Kitchen. Retrieved from: <https://spicysouthernkitchen.com/spicy-sweet-roasted-sweet-potatoes/>

Ingredients

- 3 large sweet potatoes, peeled and cut into 1/2-inch pieces
- 3 tablespoons olive oil or vegetable oil
- 1 tablespoon packed light brown sugar
- 3/4 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika (OPTIONAL - leave out if contraindicated)
- 1/2 teaspoon onion powder
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon black pepper

Instructions

1. Preheat oven to 425 degrees.
2. Peel the sweet potatoes and cut them into small bite-sized pieces.
3. Place sweet potatoes in a large bowl and drizzle with oil.
4. Add remaining ingredients and stir to coat sweet potatoes evenly.
5. Spread sweet potatoes out on a large baking sheet.
6. Bake 15 minutes. Stir and bake another 15 to 20 minutes.

Sweet Potato Crust Pizza

Adapted by Njeri Kai Jarvis from Food Network. (2018). Sweet Potato Crust Pizza. The Kitchen: Heart and Healthy. Food Network. Retrieved from: <https://www.foodnetwork.com/recipes/sweet-potato-crust-pizza-4607628>

Ingredients:

Crust

- 1 tablespoon plus 2 teaspoons olive oil
- 1 medium sweet potato (about 10 ounces), peeled and cut into 1-inch cubes
- 1/2 cup almond flour
- 1/4 cup grated Parmesan
- 1/4 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1 large egg

Ingredient Toppings		
Kosher salt	½ bunch broccoli rabe, roughly chopped	4 oz spicy Italian sausage
½ cup pizza sauce	4 oz goat cheese, crumbled	¼ teaspoon red pepper flakes.

Directions:

For the crust:

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper and brush with 2 teaspoons of the olive oil.
2. Add the sweet potato cubes to a food processor fitted with the blade attachment. Pulse until coarsely ground, similar to the texture of coarse salt
3. Add the ground sweet potato, almond flour, Parmesan, salt, garlic powder and egg to a bowl and stir until combined. Transfer the sweet potato mixture to the prepared baking sheet and form into a 12-inch circle about 1/4 inch thick. Brush with remaining tablespoon olive oil. Bake until browned around the edges, 25 to 30 minutes

For the toppings:

4. Meanwhile, bring a pot of salted water to a boil. Prepare an ice water bath. Blanch the broccoli rabe in the boiling water, then transfer to the ice bath to stop the cooking process. Drain and set aside.
5. Set a medium skillet over medium heat. Add the sausage and cook, breaking it up with a wooden spoon into crumbles, until browned, about 8 minutes. Transfer the sausage to a plate with a slotted spoon
6. Remove the crust from the oven and top with the pizza sauce, broccoli rabe, sausage, goat cheese and pepper flakes. Place back in the oven and cook until the toppings are warmed through and cheese is melted, another 8 to 10 minutes

References

Food Network. (2018). Sweet Potato Crust Pizza. The Kitchen: Heart and Healthy. Food Network. Retrieved from:

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