

BAKED APPLE AND SWEET POTATO

Individual ramekins of baked apple and sweet potato

SUPERFOOD

Portion: 1 cup Yields: 6



CALORIES (kcal): 140

PROTEIN (g): 1

SUGAR (g): 22

TOTAL FAT (g): 1.5

SODIUM (mg): 20

SAT FAT (g): 1

DIETARY FIBER (g): 3

INGREDIENTS:

2 each	Sweet Potatoes	6 Tbsp	Dark Brown Sugar
2 each	Red Apples	2 - 1/4 tsp	Cinnamon, Ground
2 - 1/4 tsp	All Purpose Flour	2 - 1/4 tsp	Butter, Unsalted

METHOD:

Preheat oven to 350F degrees. Peel and slice sweet potatoes and apples and place in bowl. Set aside until ready for use.

Springly grease 4 oz ramekins with some of the butter and sprinkle some of the brown sugar in the bottom. Add flour, cinnamon, and brown sugar to the sliced sweet potatoes and apples. Place slices in ramekins. Dot with remaining butter and bake for 45 minutes. Turn out of ramekins and serve with entree.

CHEF'S NOTES:

Can be made in a casserole dish instead of individual ramekins. Try different apples for this recipe, a tart apple such as granny smith will be nice as well.

SWEET POTATO AND SPINACH VINDALOO

Shredded carrots and spices in a hot cereal

SUPERFOOD

Portion: 1 cup Yields: 6



CALORIES (kcal): 230

PROTEIN (g): 8

SUGAR (g): 12

TOTAL FAT (g): 7

SODIUM (mg): 280

SAT FAT (g): 0.5

DIETARY FIBER (g): 9

INGREDIENTS:

1 tsp	Cardamom, Ground	2 Tbsp	Fresno Red Chili Peppers, Thin Sliced
1 Tbsp	Cumin, Roasted, Ground	1 1/2 cup	Diced Tomatoes in Juice, No Added Salt
1 Tbsp	Coriander, Ground	1/4 cup	Cider Vinegar
1/2 tsp	Cloves, Ground	2 cup	Water
1/4 tsp	Turmeric	1 Tbsp	Granulated Sugar
1 tsp	Paprika, Ground	2 cup	Sweet Potatoes, Peeled, Diced
1 tsp	Cinnamon, Ground	2 cup	Garbanzo Beans, Rinsed, Drained
2 Tbsp	Canola Oil	4 oz	Spinach, Chopped
10 oz	Onions, Diced	1/4 tsp	Salt, Kosher
1/2 tsp	Mustard Seed	2 Tbsp	Cilantro, Chopped
2 Tbsp	Ginger Root, Minced		

METHOD:

Combine spices and set aside. Heat oil in a heavy bottomed pot and add the diced onions and mustard seeds. Sauté on medium low heat for 5 minutes until slightly browned. Stir in spice mix, ginger and chiles and cook for 3 more minutes. Then, add tomatoes, vinegar, water and sugar and bring to a boil, then simmer, covered for 20 minutes. Add the sweet potatoes and beans; simmer for another 20 minutes, covered. When the potatoes are tender, add the spinach and salt. Stir until spinach wilts and simmer until sauce thickens. Garnish with fresh cilantro.

CHEF'S NOTES:

Serve over steamed basmati rice with creamy yogurt sauce. Use whole seeds if available and toast and grind for more flavor. Flavor improves next day.