

# HARVEST MEDLEY

Harvest Medley

*Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 12 (Serving= 1/2 cup)*

## **Nutrition (per serving)**

Total Fat: 7 g

Saturated Fat: 2 g

Sodium: 170 mg

Total Carbohydrate: 17

Dietary Fiber: 2.5 g

Calories: 140

Protein: 4 g

## **Ingredients**

- 4 cups diced sweet potato, scrubbed and skins on
- 1 Tablespoon canola oil
- 2 Granny Smith apples, diced
- 1 teaspoon lemon juice
- 1 cup of coarsely chopped onion
- 1/2 cup chopped pecans
- 2 Tablespoons packed Splenda® Brown Sugar Blend
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup blue cheese (separate 1/2 cup and 1/4 cup reserved for topping)
- Cooking spray

## Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a medium bowl, toss the sweet potato cubes with canola oil. Spread onto a baking tray sprayed with cooking spray and roast for 15 minutes
3. In a large bowl, toss apples and lemon juice. Add potatoes, onion, pecans and coat evenly with brown sugar, salt and pepper. Add  $\frac{1}{2}$  cup blue cheese and mix thoroughly.
4. Place contents into a 2 quart baking dish, cover with foil and bake for 20-25 minutes. Stir, remove foil, and bake additional 20 minutes or until sweet potato is fork tender.
5. Before serving, garnish with  $\frac{1}{4}$  cup blue cheese.