Sweet Potatoes with Coconut, Curry, and Mint

Ingredients:

- 1/2 teaspoon mustard seeds, ground
 1/2 teaspoon fennel seeds, ground
 1 tablespoon extra-virgin olive oil
 3 garlic cloves, minced
 1/2 teaspoons curry powder
 1 cup lite coconut milk
 1 cup vegetable broth
 1/2 teaspoon salt
- 2 lbs. sweet potatoes, cut into 1 ½-inch chunks, about 3 potatoes
 1/4 cup mint, chopped
 1/4 cup cilantro, chopped
 1/4 cup roasted unsalted cashews, chopped
 1 tablespoon lime juice

Directions:

- 1. Swirl olive oil in a large skillet and place over medium heat. Add garlic, curry powder, and ground seeds.
- 2. Cook, stirring until fragrant, about 1 2 minutes.
- 3. Stir in coconut milk, vegetable broth, and salt. Increase heat to high and bring to a boil.
- 4. Add sweet potatoes, cover, and return to simmer. Reduce heat to maintain a brisk simmer; and cook covered stirring occasionally until the potatoes are tender about 20 25 minutes.
- 5. Remove from heat and stir in mint, cilantro, cashews, and lime juice and serve.

Serving Size Servings Per	1 cup (2	46g)	cτs
Amount Per Sei			
Calories 310	•	ries from	Fat 120
Calories 310	J Calor		
T		% Da	aily Value*
Total Fat 15g			23%
Saturated Fat 9g 45			
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 125mg			5%
Total Carbohydrate 44g			15%
Dietary Fiber 6g			24%
Sugars 10)g		
Protein 4g			
Vitamin A 51	0% • `	Vitamin (C 40%
Calcium 4%	٠	Iron 10%	
*Percent Daily Va diet. Your daily va depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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For more information, please contact: Benteh Nuutah Valley Native Primary Care Center Wellness Center (907) 631-7630 southcentralfoundation.com

