

Sweet Potato Unstuffing

Ingredients:

- 1 sweet potato, peeled and cubed
- 1 1/2 cups Brussels sprouts, halved or quartered
- 2 medium carrots, chopped
- 2 celery ribs, chopped
- 6 oz. mushrooms, sliced
- 1/2 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1 medium apple, cored and diced
- 1 teaspoon fresh thyme (or 1/2 tsp. dried)
- 1 teaspoon fresh rosemary or sage (or 1/2 tsp. dried)
- 1/2 teaspoon chili powder
- 3/4 teaspoon sea salt
- 1/2 cup dried cherries or cranberries, unsweetened if possible
- 1/3 cup pecans, chopped
- 1/2 cup avocado oil

Directions

1. Preheat oven to 375 °F.
2. Combine all of the ingredients in a large bowl. Toss with avocado oil.
3. Transfer to a baking dish and cover with foil.
4. Bake for 40 minutes. Remove foil, toss, then bake for an additional 15 – 20 minutes longer or until sweet potatoes are cooked through.
5. Remove from oven and serve.

Notes:

Prep ahead tip: Chop all of the ingredients the day before serving. You may also bake this dish ahead of time and keep warm in a slow cooker set on low.

Nutrition Facts

Serving Size (148g)
Servings Per Container 8

Amount Per Serving

Calories 240 Calories from Fat 160

% Daily Value*

Total Fat 18g 28%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 1%

Total Carbohydrate 20g 7%

Dietary Fiber 4g 16%

Sugars 11g

Protein 2g

Vitamin A 130% • Vitamin C 50%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

