

ROASTED SWEET POTATO, PEAR, AND ONION

NAME OF DISH

INGREDIENTS

- * 2 pears, about 14 oz, cored and cut into wedges
- * 2 small red onions, cut into wedges
- * 2 small sweet potatoes (about 1 lb), cut into 1/2 inch thick
- * 6 sprigs thyme, plus more for serving
- * 3 tbsp. olive oil
- * Kosher salt
- * Pepper

Nutritional Information (per serving):

100 calories, 5 g fat (1 g saturated fat), 1 g protein,
255 mg sodium, 16 g carb, 3 g fiber



INSTRUCTIONS

Step 1– Heat oven to 425 F. On large rimmed baking sheet, toss pears, onions, sweet potatoes, and thyme with olive oil and 1 teaspoon each salt and pepper. Roast until golden brown and tender, 35 to 45 minutes. Sprinkle with additional thyme if desired.

RECIPE COURTESY OF SHARA AARON, ST. MARY MEDICAL CENTER

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