

Savory Roasted Sweet Potatoes

Sweet potatoes often get a bad reputation as the marshmallow and brown sugar laden, coma-inducing dessert served at Thanksgiving. Free them from that mold! Sweet potatoes are a nutrient powerhouse that deserves a spot on every dinner table. They are packed with antioxidant vitamins A, C and E, fiber (to help lower cholesterol), b-vitamins to assist us with energy production, and essential minerals like potassium, magnesium copper and manganese. Keep your eyes peeled for different varieties like Japanese sweet potatoes and purple sweet potatoes. Enjoy this as a side dish, or as a topping on a grain bowl or taco salad. If you are feeling adventurous, they are also tasty with a splash of curry powder!

Serves: 4 Time: 40 minutes

Ingredients:

- 1 tbsp olive oil
- 3-4 medium sweet potatoes, cut into ½” cubes
- 1 onion, sliced thick
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp cumin (optional)
- ½ tsp salt
- ¼ tsp black pepper



Directions:

1. Preheat the oven to 375 degrees F.
2. In a large mixing bowl, mix the sweet potatoes, onions, oil and spices.
3. Place onto a baking sheet (being sure not to exceed one layer so they don't steam)
4. Bake for ~30 minutes, stirring once midway through.
5. Season to taste and ENJOY!

Sweet potato Lentil Soup

Lentils are an underestimated superfood. They furnish much of the world's caloric intake and protein needs, though here in America they do not get nearly the credit they deserve. They are low in calories, yet packed with protein, fiber, iron, zinc, copper, folate and an array of other B-vitamins. Who needs expensive prebiotic supplements? Lentils contain resistant starches that feed our gut! And beyond the label, there have been over 40 antioxidant polyphenols identified in lentils! It is no wonder why in human studies, just one cup of cooked lentils daily had antidiabetic, cardioprotective, and hypolipidemic effects.

This soup is not only low-cost to create, but is filling and loaded with antioxidants. For a more Middle Eastern flare, add some coriander and ginger, or curry powder for an Indian flare.

Serves: 4 Time: 45 minutes

Ingredients:

1 tbsp olive oil
2 medium sweet potatoes, cubed
2 medium gold potatoes, cubed
1 large onion, diced
2 garlic cloves, minced (or 1 tsp garlic powder)
2 tsp cumin powder
1 tsp paprika
1 tsp dried thyme
1 tsp salt
½ tsp black pepper
1 cup lentils, rinsed
3-4 cups of water or broth
2 tbsp fresh parsley or cilantro (optional)



Directions:

1. In a large pot, place oil over medium heat. Add diced onion, sauté for 3-4 minutes.
2. Add your sweet potatoes, potatoes, and garlic. Stir and sauté for another 2 minutes or so. Now add your spices and stir well.
3. Add in the rinsed lentils and water. Stir.
4. Place pot over low heat and simmer, covered, for 25-35 minutes.
5. If desired, use a fork or potato masher to reach a smooth consistency.
6. Season to taste, and top with parsley or cilantro if on hand.
7. Serve with bread, naan, or rice for a complete protein.
8. Enjoy!

Easy Sautéed Cabbage

Cabbage is another one of those underrated superfoods. Though not as nutrient rich as some of its Brassica cousins like Swiss chard or kale, cabbage is low in calories, rich in vitamin C, fiber, and some b-vitamins. Beyond the label, cabbage has a variety of antioxidant sulfur compounds, phenolics, and flavonoids that benefit cardiovascular health, and have shown cancer-fighting abilities. Eat a serving of cruciferous veggies several times a week for good health!

Serves: 6 Time: ~20 minutes

Ingredients:

1 small head of cabbage, thinly sliced
1 onion, sliced
2 garlic cloves, minced (or 1 tsp garlic powder)
1 tbsp olive oil
1 tsp salt
½ tsp pepper
½ tsp paprika



Directions

1. Cut the head of cabbage in half, and with cut side down, slice out the core. Now slice as thinly as possible, like in coleslaw.
2. Place oil in a skillet over medium heat. Add onion, stir and sauté for ~2 minutes. Now add cabbage, garlic, salt, pepper, and paprika and sauté for 10-15 minutes or until cabbage is tender and begins to brown.
3. Season to taste and enjoy!