

Roasted Root Vegetables with Sage

Phillis Carey, cooking class 2013



1 pound Yukon Gold potatoes, or red, or white, peeled and cut into 3/4" cubes

12 ounces yam, orange fleshed, cut into 3/4" cubes

12 ounces sweet potato, yellow fleshed, cut into 3/4" cubes

1/4 cup olive oil

1 tablespoon coarse salt

30 whole fresh sage leaves, chopped

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 6

NOTES: if desired, you can change the proportions of sweet potatoes and potatoes - using more or less of each type.

1. Preheat oven to 425°.

2. Combine all ingredients in a large bowl; toss them to coat well.

3. Spread mixture in single layer on a large rimmed baking sheet. Roast for 30-40 minutes until they're all tender and browned around the edges, stirring every 10 minutes or so. Serve them warm or at room temperature.

Per Serving (excluding unknown items): 259 Calories; 9g Fat (32.9% calories from fat); 4g Protein; 40g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 955mg Sodium. Exchanges: 2 Grain(Starch); 2 Fat.