

Sweet Potato Supreme

Recipe By *Brynie Greisman*



Cooking and Prep:  35
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Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Passover

Diet: Vegan, Gluten Free

Source: Family Table by

Mishpacha Magazine

This side dish takes sweet potato/butternut squash to an all new level. Sweet potatoes are diced and baked and mixed together with avocado and a delicious, refreshing dressing. I usually double this if I plan on sharing with others. Otherwise I eat basically the whole bowl; it's that good! Make sure to try the butternut squash version. It's outstanding!

Ingredients (14)

Main ingredients

- 2 small/medium sweet potatoes, peeled and diced
- Gefen Olive Oil**
- 1 tablespoon sugar
- 1/4 teaspoon salt
- pinch black pepper

- 1 avocado, cubed
- 1 scallion, sliced
- handful golden or black raisins
- generous handful pecans and/or sunflower seeds or walnuts, roasted

Dressing

- 1 and 1/2 - 2 tablespoons fresh lemon juice
 - 2 tablespoons **Gefen Honey**
 - 1 cube **Gefen Frozen Garlic**
 - salt, to taste
 - pinch pepper
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Start Cooking

Cook the Potatoes

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. Place diced sweet potatoes in a single layer in a large pan sprayed with oil spray and/or lined with parchment paper. Drizzle lightly with olive oil. Sprinkle with sugar, salt, and pepper and mix together well.
3. Bake for 20-30 minutes or until sweet potatoes are soft and lightly browned. Stir occasionally. Set aside to cool.

Note:

This step can be done a day or two in advance.

Tip:

Smaller sweet potatoes are sweeter and smoother than large ones.

Variation:

Instead of sweet potatoes, try this second option with butternut squash. Cube a large butternut squash (or use frozen). You should have about 5 cups worth of 1-inch (2.5-centimeter) cubes. Seasoning is a little different than the sweet potatoes for greater depth of flavor: Use 1 tablespoon coconut oil (just place it around – it'll melt and give a velvety texture), 1 teaspoon cinnamon, a pinch of cayenne pepper, pinch of salt, and 1 tablespoon maple syrup or to taste. Proceed as above with sweet potatoes, baking for 25– 30 minutes. This is delicious on its own or incorporated into the salad above.

Assemble the Salad

- 1.** Mix dressing ingredients in a small bowl. Pour over vegetables right before serving.
- 2.** Top with roasted nuts. Serve room temperature.
- 3.** Serving idea: You can add cut up Romaine lettuce to this to make it into a salad that is over the top!

Note:

Dressing can be made up to a week in advance.

Tip:

Heating the honey slightly before adding to the dressing makes it easier to blend together.