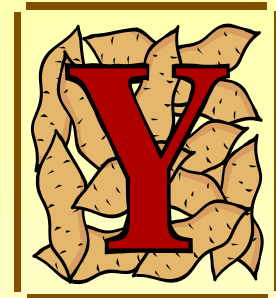


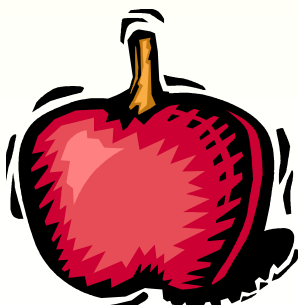
Healthy Yams and Apples Roasted

- 3 lbs Yams, peeled /cut into 1in chunks
- 3 Tbsp. Extra Virgin Olive Oil
- 2 Fuji apples, peeled /cut into 1in. chunks
- 1/4 cup maple syrup (served on the side)
- 1 finely shredded lemon (zest)
- 1 Tbsp fresh lemon juice
- 1 Tbsp chopped fresh thyme, plus sprigs
- About 1 1/2 tsp. Kosher salt
- 1/2 tsp. Fresh ground black pepper
- 2 golden delicious apples, peeled/cut into 1 in. chunks
- 2 granny smith apples, peeled /cut into 1 in. chunks



Preheat oven to 425 degrees. In a large bowl, toss yams, oil, apples, syrup, lemon zest and juice, chopped thyme, 1 1/2 tsp Kosher salt, and pepper until coated. Spread mixture in a single layer in 2 large, oiled rimmed baking pans. Roast until yams are browned and tender when pierced, 40 minutes, turning chunks every 15 minutes. Transfer to a platter, add more salt to taste, and garnish with thyme sprigs. Make ahead: Up to one day and chill. Reheat, drizzled with a little olive oil, in a 425 degree oven in 2 baking pans, until hot, 20 minutes.

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Nutrition facts

Calories: 217,
Calories from Fat 38,

Amount Per Serving

Total fat 4.3g,
saturated fat .6g
Monounsaturated Fat 3.0g
Polyunsaturated .5g
trans fat .0g

Cholesterol 0mg
Sodium 76mg

Potassium 568mg

Total carbohydrate 44.5g
dietary fiber 6.1 g
Sugars 19.1g

Protein 2.4g

Vitamin A 19379mcg
Vitamin B6 .3mg
Vitamin B12 .0mcg
Vitamin C 8 mg
Vitamin E 1mcg
Calcium 52mg
Iron 1mg