

Herbed Sweet Potato

Serving Size: ½ potato

Serves: 8

Ingredients:

4 medium sweet potatoes, unpeeled
8 small sprigs rosemary or Italian parsley leaves
2 tablespoons light olive oil
½ teaspoon coarse ground black pepper

Directions:

1. Boil the sweet potatoes until fork tender.
2. Cut the potatoes in half lengthwise.
3. Gently press an herb sprig into the cut side of each potato.
4. In a heavy skillet, heat the oil and pepper.
5. Carefully place the potatoes cut side down into the oil.
6. Using a spatula, gently move the potatoes around to keep them from sticking.
7. Sauté just long enough to sear the herb into the potato.

Exchanges per serving:

1 Starch, 1 Fat

Nutrients per serving:

Calories: 111

Calories from fat: 55

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 36mg

Carbohydrate: 13g

Dietary Fiber: 2g

Protein: 1g