

## ROASTED SWEET POTATOES AND APPLESAUCE

3 sweet potatoes, peeled and diced into 1" cubes

$\frac{1}{8}$  tsp. salt

$\frac{1}{8}$  tsp. ground black pepper

$\frac{1}{4}$  cup crumbled feta cheese

8 apples (I like Granny Smith), peeled and cored

brown sugar to taste (1/2 cup-3/4 cup)

Cookie sheet

Parchment paper

Kitchen scissors

Peeler

Cutting board

Sharp knife

Wooden spoon

3 Tbsps. olive oil

4 Tbsps. maple syrup, divided

$\frac{1}{4}$  cup dried cranberries

Chopped parsley, to garnish

2 tsp. cinnamon

$\frac{1}{2}$  cup water or apple juice or orange juice

1 tsp. vanilla extract

spatula

3 large bowls

Wet and dry measuring cups and spoons

Immersion blender or regular blender or

potato masher

Kathy's Just Desserts, Inc. DBA Kitchen Wizards

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## ROASTED SWEET POTATOES WITH FETA

*Feta, dried cranberries, and maple syrup take these Roasted Sweet Potatoes with Feta to the next level! These make the perfect side dish for Thanksgiving or any other fall dinner! Author: Go Eat and Repeat*

3 sweet potatoes, peeled and diced into 1" cubes	$\frac{1}{8}$ tsp. ground black pepper
3 Tbsps. olive oil	$\frac{1}{4}$ cup crumbled feta cheese
4 Tbsps. maple syrup, divided	$\frac{1}{4}$ cup dried cranberries
$\frac{1}{8}$ tsp. salt	Chopped parsley, to garnish

Preheat oven to 400 degrees. Line a baking sheet with parchment paper. Place prepared sweet potatoes on the baking sheet. Drizzle olive oil, 2 Tbsps. maple syrup, salt and pepper over the potatoes. Toss the potatoes so all are coated in the olive oil and syrup. Place in the preheated oven and bake until soft, about 40 minutes.

Remove cooked potatoes from the oven and toss with remaining 2 Tbsps. maple syrup. Transfer potatoes to a serving dish and mix in feta and cranberries. Garnish with parsley if desired and serve.

## KATHY'S HOMEMADE APPLESAUCE

8 apples (I like Granny Smith), peeled and cored	2 tsp. cinnamon
brown sugar to taste (1/2 cup-3/4 cup)	$\frac{1}{2}$ cup water or apple juice or orange juice
	1 tsp. vanilla extract

After peeling and coring apples, cut them into quarters, then mix all ingredients in a heavy saucepan. Cook over low heat until apples are soft and mooshy. Remove from heat. Cool for 15 minutes. When cool, pour entire contents of pan into food processor or blender. Blend until applesauce is consistency you like - soft or chunky. Can be eaten warm or chilled.

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