

# Grilled SWEET POTATO WITH ROASTED PEPPERS

Put down the chips and say hello to your new favorite potato snack! Perfect for sharing in groups, but we'd forgive you for keeping them all to yourself!



Nutrition Facts	
Serving Size (60g) Servings Per Container	
Amount Per Serving	
<b>Calories 30</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 15mg</b>	1%
<b>Total Carbohydrate 7g</b>	2%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A 60%	Vitamin C 45%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 10 Minutes  
**Cook time:** 15 Minutes  
**Serves:** 6 People

## INGREDIENTS:

- 1 large Organic Bell Pepper
- 1 large sweet potato
- 1 tbsp. cilantro, finely chopped
- 1 lime
- Salt & Pepper to taste

## CHEF'S TIP:

Switch up the seasonings and use basil to get a different flavor.

## DIRECTIONS:

- Peel the sweet potato and slice into ¼ inch medallions. Add potato medallions into a pot of boiling, salted water for 2 minutes.
- Strain medallions and arrange on the grill, equally cooking both sides. Once all your medallions are grilled to your liking arrange on a serving platter.
- Place the Bell Peppers on the grill and grill them to your liking. Dice the Bell Peppers after grilling.
- Top the medallions with the diced Bell Pepper and sprinkle with cilantro and lime juice.

