

# ROASTED OKRA AND SWEET POTATOES\*

*Yield: ~4 Portions*

*Serving size: ½ cup*

<b>Ingredients</b>	<b>Amount</b>
Sweet potatoes, cut into equal-sized pieces (do not peel)	½ lb.
Okra, untrimmed, and uncut	½ lb.
Canola oil	2 Tbsp.
Smoked paprika	2 tsp.
Thyme, dried	1 tsp.
Mustard, dried	½ tsp.
Salt	½ tsp.

## **Method**

1. Preheat oven to 425°F (convection).
2. Combine vegetables with oil, smoked paprika, thyme, and mustard in a large bowl.
3. Spread vegetables evenly on a sheet pan covered with parchment paper (do not over-crowd pan).
4. Roast in oven for 25 to 30 minutes, until crisp on the outside and tender on the inside.
5. Removed from the oven and season with salt before serving.

**Note:** Salt “soft” flesh vegetables, like okra, eggplant, and summer squash after roasting to ensure crispier texture.

## **Nutrition Information (per portion/serving)**

Calories: 135/Protein: 2 g/Carbohydrate: 16 g/Fiber: 4 g/Carbohydrate to fiber ratio: 4  
Saturated fat: .5 g/Polyunsaturated fat: 2 g/Monounsaturated fat: 4.5 g  
Trans fat: 0 g/Sodium: 175 mg / Potassium: 365 mg / Added sugar: 0 g

*\*This recipe meets all HKHL Recipe Nutrition Goals for a side dish.*

Source: John “Wesley” McWhorter as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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