



Mango Salsa

Yields 4-6 Servings

Source: foodnetwork.com

Ingredients

- 1 mango, peeled and diced
- 1/2 cup peeled, diced cucumber
- 1 tablespoon finely chopped jalapeno
- 1/3 cup diced red onion
- 1 tablespoon lime juice
- 1/3 cup roughly chopped cilantro leaves
- Salt and pepper

Directions: Combine the mango, cucumber, jalapeno, red onion, lime juice and cilantro leaves and mix well. Season with salt and pepper, to taste.

Nutrition: 2 Tbsp: Calories 53, Total Fat 1g, Saturated Fat 0g, Sodium 50mg, Carbs 13g, Fiber 1g, Total Sugar 3g, Added Sugar 0g, Protein 1g.

Honey Roasted Sweet Potatoes

Yields 6 Servings

Source: foodnetwork.com

Ingredients

- 2 pounds sweet potatoes
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon salt

Directions: Preheat oven to 350°F. Peel and cut the sweet potatoes into 1-inch pieces and put in a 9 by 13 baking dish. In a small bowl whisk together olive oil, honey and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with the salt, and bake, stirring occasionally, for about 1 hour, until potatoes are tender.

Nutrition: 1 Serving: 3/4 Cup: Calories 193, Total Fat 5g, Saturated Fat 0.5g, Sodium 277mg, Carbs 36g, Fiber 4.5g, Total Sugars 11g, Added Sugar 5g, Protein 2.5g.

Lemon Garlic Roasted Beets

Serves 4

Adapted from Food&Wine.com

Ingredients

- 1 pound yellow beets, peeled and sliced ¼ inch thick
- 4 cloves garlic, thinly sliced
- 2 Tbsp lemon juice
- ½ tsp lemon zest
- 2 Tbsp olive oil
- ¼ tsp salt
- ¼ tsp ground black pepper

Directions: Preheat oven to 375°F. Toss peeled and sliced beets with the garlic, lemon juice, lemon zest, and oil. Season with salt and pepper and spread beets in a single layer on a foil-lined shallow baking dish, about 8X8 or 9X9. Cover tightly with aluminum foil and roast for about 40 minutes, or until the vegetables are tender. Stir or shake occasionally to prevent beets from sticking.

Nutrition Facts: Calories 90, Fat 4g, Saturated Fat 0g, Sodium 230mg, Carbohydrate 13g, Fiber 3g, Sugar 8g, Protein 2g.

Healthy Root Vegetable Gratin

Yields 8 Servings

Source: fooddonelight.com

Ingredients

- 3/4 cup low-sodium chicken broth or vegetable broth
- 1 butternut squash, peeled and cut at the bottom of the neck
- 3/4 tsp. kosher salt
- 1 tbsp. chopped fresh thyme
- 1/2 cup grated Parmesan cheese
- 2 large sweet potatoes, peeled
- 1 (2lb.) rutabaga, peeled and halved lengthwise
- 1/4 tsp. fresh ground black pepper
- 1/2 cup panko whole wheat bread crumbs
- 1 tbsp. olive oil

Preheat oven to 375°. Spray an 8 x 12 inch baking dish with non-stick cooking spray. Using a mandolin, slice the potatoes and squash lengthwise into 1/8 inch thick slices. Slice the rutabaga crosswise into 1/8 inch thick slices. Place half of the sweet potatoes into the bottom of the dish, overlapping slightly. Sprinkle with some of the spices. Next slightly overlap half of the squash on top of the potatoes. Sprinkle with some of the spices. Finally, top with half of the rutabagas. Sprinkle with some of the spices. Repeat all three layers. Pour broth on and around the vegetables. Cover tightly with foil. Bake for 1 hour, or until vegetables are almost fork tender. Remove the foil, and bake for another 30 minutes. Preheat the broiler. Mix panko, cheese and oil in a small bowl. Sprinkle over the gratin. Place gratin 3 inches from the heat and broil for about 2 minutes, or golden brown. Let sit 10 minutes before serving.

Nutrition: ¼ Cup: Calories 108, Total Fat 3g, Saturated Fat 1g, Sodium 334mg, Total Carbs 17g, Fiber 2g, Total Sugar 4g, Added Sugar 0g, Protein 3g.

Turkey Sweet Potato Shepard's Pie

Serves 4

Source: bhg.com

Ingredients

- 1½ lbs sweet potatoes, peeled and cut into 2-inch pieces
- ½ tsp salt
- 12 oz. ground turkey
- 1 C chopped carrots
- ¼ C water
- ½ tsp dried sage
- Salt & pepper to taste
- 2 cloves of garlic
- ¼ C fat-free milk
- ½ C chopped onion
- ½C frozen corn
- 1 (8oz. can) tomato paste
- 2 Tbsp Worcestershire sauce

Directions: Preheat the oven to 375 degrees F. In a medium saucepan, cook sweet potatoes and garlic, covered, in enough lightly salted boiling water to cover for 15 to 20 minutes or until tender; drain. Mash with a potato masher. Gradually add milk and salt, mashing or beating to make potato mixture light and fluffy. Cover and keep warm. Meanwhile, in a large skillet cook turkey and onion over medium heat until meat is brown, stirring to break up turkey as it cooks. Drain, if needed. Stir in carrots, corn, and water. Bring to boiling; reduce heat. Simmer, covered, for 5 to 10 minutes or until vegetables are tender. Add tomato sauce, Worcestershire sauce, sage, salt, and pepper to turkey mixture; heat through. Spoon turkey mixture into a 1-1/2-quart dish, spreading evenly. Spoon mashed potato mixture in mounds on turkey mixture. Bake, uncovered, in the preheated oven for 20 to 25 minutes or until heated through. Serve.

Nutrition: 1 serving=1 C: Calories 268, Fat 1g, Saturated Fat 0g, Sodium 824mg, Carbs 41g, Fiber 7g, Protein 24g.