

# Roasted Yams and Sweet Potatoes

*Swick*

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

## Chef's Notes

These are great vegetables to make anytime of year. They are even good cold the next day.

## Step 1: Preparing the Yams and Sweet Potatoes

- 4 large yams
- 4 large sweet potatoes
- 2 tablespoons grapeseed or olive oil
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper

To start, preheat the oven to 400°F or 200°C.

Next, peel and dice the yams and sweet potatoes into approximately 1" -inch pieces. Then toss with the oil, salt and pepper.

Line a baking tray with aluminum foil and spray with non-stick spray. Add the vegetables, place into the oven and roast for about 10 to 15 minutes, or until they are about 3/4's of the way cooked.

Meanwhile, go ahead and prepare the onion and sun-dried tomato mixture.

## Step 2: Preparing and Cooking the Onions Mix

- 2 onions
- 10 cloves garlic
- 1/2 cup sun-dried tomatoes
- 1 tbsp grapeseed or olive oil

Dice the onion into pieces about the same size as the yams and sweet potatoes.

Peel the garlic cloves and set aside.

Drain the sun-dried tomatoes if they are packed in oil. Pat dry. Julienne the tomatoes.

Next, heat a fry pan. Once properly heated, add the oil, followed by the onions. Sauté the onions and garlic cloves, over medium heat, until they just start to turn a light golden color, about 5 minutes or so. Next, add the sun-dried tomatoes, toss and turn off the heat.

## Step 3: Finishing Roasting

Once the roasted vegetables are about 3/4's of the way cooked through, add the onion and sun-dried tomato mixture.

Place back into the oven and continue to cook, until the vegetables are completely cooked through, another 15 minutes or so.

## Step 4: Adding the Goat Cheese

Just before serving, break the goat cheese up into pieces and add to the hot vegetables. Gently toss and serve immediately. Don't over mix, as you don't want the goat cheese to fully melt into the vegetables.

Note: Though the goat cheese is optional, it really adds a nice contrasting tartness to the sweet vegetables and sun-dried tomatoes.