

# Sweet Potatoes with Pecans and Blue Cheese II

*All-Time Favorites Volume 6  
Better Homes and Gardens Magazine*

## Servings: 6

*2 large (1-1/2 pounds) sweet potatoes, peeled and cut lengthwise into narrow wedges*  
*1 small sweet onion, cut into one-inch pieces*  
*4 tablespoons olive oil*  
*1 teaspoon salt, divided*  
*1/2 teaspoon black pepper*  
*1 tablespoon butter*  
*1/3 cup broken pecans*  
*1 tablespoon packed light brown sugar*  
*4 teaspoons cider vinegar*  
*1 1/2 teaspoons honey*  
*1 clove garlic, minced*  
*2 tablespoons crumbled blue cheese*  
*OR finely shredded white Cheddar cheese*

## Preparation Time: 30 minutes

### Bake: 30 minutes

Preheat the oven to 375 degrees.

In a 15x10x1-inch baking pan, combine the sweet potatoes and onion. Drizzle with half of the oil. Sprinkle with half the salt and half the pepper. Toss gently to combine. Spread in a single layer.

Bake for 30 to 35 minutes or until the potatoes are tender, stirring once.

In a small skillet, melt the butter over medium heat. Stir in the pecans, brown sugar and 1/4 teaspoon of salt. Cook and stir for 2 to 3 minutes or until the pecans are coated in the brown sugar mixture. Spread the pecans on a sheet of foil. Cool completely.

**For The Dressing:** In a small bowl, whisk together the vinegar, honey, garlic, remaining salt and the remaining pepper. Slowly whisk in the remaining oil until combined. Whisk in half of the cheese.

To serve, transfer the sweet potatoes and onion to a serving platter. Drizzle with the dressing. Sprinkle with the pecans and the remaining cheese.

---

Per Serving (excluding unknown items): 165 Calories; 11g Fat (59.1% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 382mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	165	Vitamin B6 (mg):	.1mg
% Calories from Fat:	59.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	38.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	10mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Daily Value*	0 0%
Carbohydrate (g):	16g		
Dietary Fiber (g):	2g		
Protein (g):	1g		
Sodium (mg):	382mg		
Potassium (mg):	134mg		
Calcium (mg):	20mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	11mg		
Vitamin A (i.u.):	8767IU		
Vitamin A (r.e.):	887RE		

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 165      Calories from Fat: 97

### % Daily Values\*

<b>Total Fat</b>	11g	17%
Saturated Fat	2g	12%
<b>Cholesterol</b>	5mg	2%
<b>Sodium</b>	382mg	16%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	2g	7%
<b>Protein</b>	1g	
<b>Vitamin A</b>		175%
<b>Vitamin C</b>		19%
<b>Calcium</b>		2%
<b>Iron</b>		3%

\* Percent Daily Values are based on a 2000 calorie diet.