Roasted Sweet Potato Medley

Ingredients:
- Sweet Potato - 2 medium
- Carrots - 4 large
- Celery - 4 stalks
- Onion - 1 Whole
- Olive Oil - 1 to 2 T
- Salt
- Pepper

Directions:
1. Preheat oven to 425 degrees
2. Cut sweet potatoes and carrots into 1/2 inch pieces
3. Cut each celery stalk in half (lengthwise) and then into 3 inch pieces
4. Cut onion in large chunks
5. Mix all vegetables together in a large mixing bowl - making sure the onion layers are separated
6. Drizzle olive oil over the vegetables and toss to coat all the vegetables
7. Season with salt and pepper
8. Line two baking pans with aluminum foil and spray with cooking spray (Pam)
9. Spread the vegetables evenly over both the baking pans - make sure the vegetables are in one layer and not overlapping
10. Bake the vegetables for 25 minutes or until the sweet potatoes and carrots are tender

*OPTIONAL:
Cut the sweet potatoes and carrots into 3 inch long pieces and serve similar to french fries with ketchup and mustard.

Pairs well with homemade hamburgers or anything grilled!

$4.00 ($1.00/serving)
150 calories/serving

Rosemary - Almond Rice Pilaf

Ingredients:
- Quick Brown Rice - 2 C dry
- Almonds - 1/4 C (chopped)
- Dried Rosemary - 1/2 tsp (crushed)
- Salt

Directions:
1. Cook rice according to package instructions
2. Chop almonds and add to rice
3. Crush 1/2 tsp dried rosemary in the palm of your hand and sprinkle into the rice
4. Season with salt to taste
5. Mix all ingredients together, cover, and let sit for 5 minutes to allow all the flavors to build

*OPTIONAL:
Use Jasmine or Basmati rice instead of quick brown rice for additional flavor
Cook rice in reduced sodium chicken stock for additional flavor
Add dried cranberries and 1/2 T balsamic vinegar for an added sweet and tangy flavor

$2.00 ($0.50/serving)
200 calories/serving