

Sweet Potato and Carrot Crisp

Canada's Food Guide recommends eating at least one dark orange vegetable, like sweet potato or carrots, each day. Enjoy this warm and satisfying recipe as a side dish.



Ingredients:

2 ½ lb	Sweet potatoes	1 ¼ kg
2 lb	Carrots	1 kg
2 Tbsp	Honey	30 mL
2 Tbsp	Soft margarine, unsalted	30 mL
2 tsp	Cinnamon	10 mL
2 cloves	Garlic	2 cloves

Topping:

1 ½ cup	Whole wheat bread crumbs	375 mL
½ cup	Pecans	125 mL
¼ cup	Soft margarine, unsalted	60 mL
¼ cup	Parsley	60 mL
	Non-stick cooking spray	

Directions:

1. Preheat oven to 350°F (175°C).
2. Peel and cube sweet potatoes and carrots.
3. Place in a large pot. Add enough water to cover vegetables. Cook for 20 minutes or until tender.
4. Drain and puree. Add honey, margarine, cinnamon, and garlic and stir.
5. Put mixture in a 9 x 13 inch (23 x 33 cm) pan that has been sprayed with non-stick cooking spray.
6. Combine ingredients for topping in a bowl and sprinkle on top of potato and carrot mixture.
7. Cover with aluminum foil and bake for 20 minutes. Remove foil and bake uncovered for 30 minutes.

Makes 24 servings (125 mL/ ½ cup/ 105 g)

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Nutrition Facts

Per 1/24 of recipe (125 mL/ ½ cup/ 105 g)

Amount	% Daily Value
Calories 140	
Fat 5 g	3 %
Saturated 0.5 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 110 mg	3 %
Carbohydrate 21 g	20 %
Fibre 3 g	16 %
Sugars 6 g	
Protein 3 g	
Vitamin A	425 %
Vitamin C	8 %
Calcium	4 %
Iron	6 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Low in saturated fat	0.5 g
Low in sodium	110 mg
Source of potassium	326 mg
Source of magnesium	24 mg
Source of iron	1 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1 ½
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- 9 x 13 inch (23 x 33 cm) baking pan