

ROASTED SWEET POTATOES

FROM CHEF AMELIA'S KITCHEN

A NOTE FROM CHEF AMELIA:

This is a great dish for vegans, vegetarians, gluten free people, and everybody else who thinks that vegetarian food is limited to salads! The chimichurri recipe is amazing on just about everything. Grilled meats, roasted veggies, even scrambled eggs! This side dish was served for the members and crew of 38 Special!

INGREDIENTS:

For the roasted sweet potatoes:

4 sweet potatoes
vegetable oil
kosher salt
cracked black pepper

For the salsa:

1 can of black beans, rinsed and drained
1/2 can of garbanzo beans, rinsed and drained
1 avocado
1 small red onion
1/2 cup of chimichurri

For the chimichurri:

1/2 bunch flat leaf parsley (about 1/2 cup, chopped)
1 bunch cilantro (about 1 cup, chopped)
4 cloves of garlic, minced
1 teaspoon cracked black pepper
1/2 teaspoon crushed red pepper
1 teaspoon kosher salt
1 shallot, minced
1/2 cup red wine vinegar
3/4 cup extra virgin olive oil



INSTRUCTIONS:

1. Wash the sweet potatoes, then prick all over with a fork.
2. Rub with oil, salt and pepper, then wrap in aluminum foil and bake at 425 degrees Fahrenheit for 45 minutes, or until fork tender.
3. While the potatoes bake, start on the chimichurri.
4. Combine all ingredients and let sit for 10 minutes.
5. Make the salsa by dicing the red onion and cubing the avocado. Mix with remaining ingredients.
6. Once the potatoes are ready, slice them open about halfway and top with the salsa.