

Edible Perspective

10.7.12

Rosemary + Garlic Roasted Broccoli and Sweet Potatoes

I make broccoli and sweet potatoes all of the time. However, my typical preparation of steaming and eating them with salt, pepper, and butter can become a bit mundane. This is a nice way to switch things up. I found the most amazing robust rosemary at the market this weekend and just had to get cooking with it. Don't be surprised if you see another recipe or two utilizing this herb. It's one of my favorites!

- 1 large yam/sweet potato, cubed [about 4 cups]
 - 2 large heads of broccoli, chopped [about 6 cups]
 - 2 tablespoons oil
 - 1 tablespoon finely chopped rosemary
 - 1 – 1 1/2 teaspoons chopped garlic
 - 1/2-3/4 teaspoon salt
 - 1/4-1/2 teaspoon black pepper
 - parmesan cheese to top [*or toasted, slivered almonds for a vegan option*]
1. Preheat your oven to 350* and line a large baking sheet with parchment paper.
 2. Spread the cubed yam or sweet potato on the pan with 1 tablespoon of oil, rosemary, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. [I used 1 1/2 teaspoons garlic for a strong, garlic flavor].
 3. Toss to coat and place in the oven for 20 minutes.
 4. Stir, then add the broccoli and the additional tablespoon of oil and stir again.
 5. Roast for another 20-25min until the tender and browned.
 6. Top with more salt and pepper if desired and a sprinkle of parmesan cheese.