



Parmesan-Rosemary Sweet Potato Stacks



Ingredients



Adapted from *thecomfortofcooking.com*

- 1 medium sweet potato, thinly sliced
- 3 tbsp melted butter or oil
- 2 tbsp grated parmesan cheese, plus more for garnish
- 1/4 tsp dried rosemary
- Salt
- Cooking spray



Directions



Yield: 12 stacks Serving size: 2 stacks

1. Preheat oven to 375 degrees and spray 12 muffin tin cups with cooking spray
2. Thinly slice the sweet potatoes. In a large bowl, mix together the melted butter, parmesan, and rosemary. Add potato slices and toss to coat evenly
3. Evenly divide potato slices between 12 muffin tin cups and sprinkle each stack with salt
4. Bake for 45 minutes, until edges and tops are golden brown. Top with parmesan cheese and back for an additional 5 minutes until cheese is melted and golden brown
5. Sprinkle with rosemary for garnish and let cool 5 minutes before serving

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups





Cooking Tips



- Try the sweet potato stacks with whatever cheese you have!

Nutrition Facts	
6 servings per container	
Serving size	2 stacks
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.9g	20%
Trans Fat 0.25g	
Cholesterol 20mg	7%
Sodium 880mg	38%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	2%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Second Harvest is an equal opportunity provider.



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