

Seasonal Eating



Balsamic Honey Roasted Sweet Potato

1 sweet potato, peeled and diced into 1/2" pieces
1 tablespoon olive oil
1 tablespoon + 2 teaspoons balsamic vinegar
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1/4 teaspoon ground coriander
1/4 teaspoon ground allspice
2 tablespoons honey

In a medium bowl, toss together the diced sweet potato, olive oil, 2 tablespoons of the balsamic vinegar, salt, pepper, coriander and allspice. Spread into a single layer on a parchment lined baking sheet. Roast at 400 degrees for 20 minutes or until potatoes are tender when poked with a fork. Meanwhile, in same bowl, whisk together honey and remaining 2 teaspoons balsamic vinegar. After the 20 minutes or so, remove the sweet potatoes from the oven and toss into the bowl with the honey mixture. Stir to coat and then return to baking sheet. Continue roasting until potatoes are tender and glaze is bubbling and caramelized but not burnt, about 10-12 minutes, checking and stirring at 5 minutes and every few minutes after that.