

SWEET POTATOES WITH SPICED PUMPKIN SEEDS

INGREDIENTS

- 3 medium sweet potatoes, peeled & cut into cubes
- 10 dried figs, stemmed & cut into fourths
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 6-8 sprigs fresh thyme
- ¼ cup pumpkin seeds, raw & unsalted
- 4-6 dashes hot pepper sauce
- 2 tablespoons + ½ teaspoon olive oil
- ¼ teaspoon nutmeg
- ¼ teaspoon chili powder
- ¼ teaspoon cumin
- ¼ teaspoon salt
- quality spray oil freshly ground salt



DIRECTIONS

1. Preheat oven to 350
2. Place pumpkin seeds in a medium size bowl
3. Mix ½ teaspoon olive oil with the hot pepper sauce & pour over pumpkin seeds. Stir to coat.
4. Sprinkle salt, cumin & chili powder over the seeds & stir again.
5. Place seeds on a cookie sheet lined with parchment paper & bake 7 minutes.
6. Remove the pumpkin seeds from the oven & allow to cool while completing the rest of the recipe.
7. Increase the oven temperature to 450.
8. Lightly spray a cookie sheet with oil.
9. Place potatoes on the cookie sheet in a single layer & lightly spray the tops of the potatoes. Sprinkle potatoes evenly with nutmeg.
10. Bake potatoes 40-45 minutes, stirring once or twice during cooking.
11. When there is 15 minutes left on the timer for your potatoes, add 2 tablespoons of olive oil in a large flat bottom skillet & turn on heat to medium-high. Once the oil is hot, add the chopped onion & brown 8-10 minutes, stirring often.
12. Add in garlic & continue to sauté for 1 minute.
13. Stir in chopped figs & continue cooking for 1 more minute, then remove from heat.
14. Remove potatoes from oven & season with freshly ground salt.
15. Place potatoes on a serving platter then spoon fig & onion mixture over it. Garnish with spicy pumpkin seeds & thyme.
16. Serve immediately