

Purple Pirate Potatoes

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Laura Toeckes, Power School District, MT

Servings - 6

Ingredients

2 cups Beets, fresh, peeled, and chopped into 1" cubes

2 1/3 cups Sweet potatoes, fresh, peeled, and chopped into 1" cubes

1/3 cup Onions, sweet, fresh, diced small

1 Tbsp Olive oil, divided amongst recipe steps

1/4 tsp Salt

1/2 tsp Black pepper

1 Tbsp Brown sugar

3/4 tsp Cinnamon

Preparation

1. Preheat oven to 400°F.
2. Scrub beets and sweet potatoes well under running water. Peeling may not be necessary especially if the beets are smaller and recently harvested.
3. Chop the beets and sweet potatoes. Dice the onion.
4. In a large bowl, toss the beets with 1/3 of the olive oil.
5. In a separate bowl, mix the sweet potatoes and onions. Pour the remaining oil over the items, ensuring they are covered with olive oil.
6. Mix salt, pepper, brown sugar, and cinnamon together. Evenly coat the two bowls of vegetables with spice mixture.
7. Pour vegetables out onto their own parchment paper lined pans in an even layer. Beets in one pan; sweet potatoes and onions in a separate pan.
8. Bake at 400°F for 60 minutes, stirring every 20 minutes.
The beets may take up to 60 minutes to soften fully, while the sweet potatoes will take less time (45 minutes). Check the beets often as they tend to overcook very quickly.
9. Mix the beets and sweet potatoes/onions together and serve warm. The texture is the best right out of the oven. Strive to serve right away.

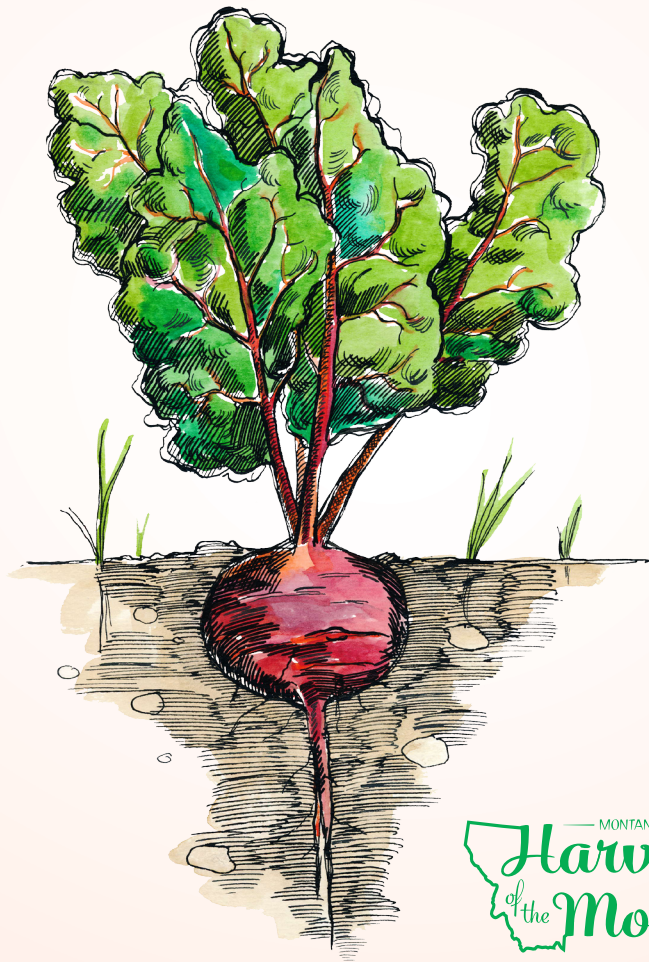
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Beets



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