



## ROASTED SWEET POTATO CRISPS

### Ingredients

- 1 **Sweet Potatoes** – Rich in dietary fiber, beta-carotene, and vitamins, sweet potatoes are low in fat and high in essential nutrients, making them a healthy base for this dish.
- 2 **Avocado Oil** – A healthy fat that enhances the crispiness of the sweet potato slices while offering anti-inflammatory benefits.
- 3 **Ground Cinnamon** – A hint of cinnamon adds warmth to the dish, perfectly complementing the natural sweetness of the potatoes.
- 4 **Herbed Ricotta** – This mixture of ricotta cheese, honey, Italian seasoning, and sea salt creates a creamy, savory topping with a hint of sweetness.
- 5 **Roasted Walnuts** – Packed with omega-3 fatty acids and antioxidants, walnuts add a satisfying crunch to the crisps.
- 6 **Dried Cranberries** – These tart little fruits offer a contrasting flavor to the sweet potatoes and honey.
- 7 **Honey** – Drizzling honey over the final dish ties the flavors together,

giving a subtle sweetness that enhances the other ingredients.

**Herbed ricotta.** In a small bowl, mix together:

- 1 cup whole milk ricotta cheese
- 1½ teaspoons Italian seasoning
- 1 tablespoon + 1 teaspoon honey
- ¼ teaspoon sea salt (or to taste)

Stir until all ingredients are well-combined. This ricotta mixture can be prepared ahead of time and stored in the refrigerator until you're ready to serve the sweet potatoes.

## Step 2: Preparing the Sweet Potatoes

Next, preheat your oven to 400°F (200°C). Slice 1 large sweet potato into ¼-inch rounds. In a large bowl, toss the sweet potato slices with:

- 1 tablespoon avocado oil
- A pinch of ground cinnamon
- Sea salt to taste

Rub the oil mixture evenly over both sides of each slice. The avocado oil will help the potatoes crisp up during roasting, while the cinnamon adds a subtle warmth that complements the natural sweetness of the potatoes.

## Step 3: Roasting the Sweet Potatoes

Arrange the sweet potato slices on a large baking sheet,

making sure they are in a single layer and not overlapping. Roast for 20 minutes, then flip each slice and roast for an additional 17-20 minutes, or until the potatoes are tender with crispy edges.

#### Step 4: Roasting the Walnuts

While the sweet potatoes are roasting, spread 1 cup of raw walnuts on a separate baking sheet. Roast the walnuts in the oven for 8-10 minutes, or until they are golden and fragrant. Once they have cooled slightly, chop them roughly to sprinkle over the sweet potatoes later.

#### Step 5: Broiling the Sweet Potatoes with Ricotta

Switch the oven to high broil. Take your roasted sweet potato slices out of the oven and top each one with a dollop of the prepared herbed ricotta. Place the tray back in the oven and broil for 2 minutes, or until the ricotta is warm and slightly melted. Be sure to watch them closely, as broiling can quickly overcook the tops if left unattended.

#### Step 6: Assembling the Dish

Once the sweet potatoes and ricotta are broiled to perfection, it's time to assemble the final dish. Top each potato round with a sprinkling of the roasted walnuts and  $\frac{3}{4}$  cup of dried cranberries. Finish with a drizzle of honey over the top, adding a touch of sweetness that brings the whole dish together.