



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Oven Roasted Sweet Potatoes with Miso

Serves 6

Ingredients:

- 4 medium sweet potatoes (washed, cut into ¼ inch pieces or discs)
- ¼ cup extra virgin olive oil
- ¼ cup miso paste
- ¼ tsp salt
- 1/8 tsp ground black pepper

Directions:

1. Preheat oven to 425 degrees F. Line roasting pan with aluminum foil or baking sheet.
2. In a large bowl, mix miso paste and olive oil until well combined.
3. Add sweet potato pieces, salt, and pepper. Toss until sweet potato is evenly coated with miso and olive oil mixture.
4. Transfer potatoes into a shallow pan and bake for about 30 to 35 minutes until potatoes are tender (sharp knife cuts through easily to test).



Nutrition Tips:

1. Wash sweet potatoes well and keep the skin on! The skin of potatoes (regular and sweet) is where many of the phytonutrients and fiber are.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.