

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Roasted Sweet Potatoes & Yams w/ Scallions, Chili & Balsamic Reduction

Inspired and adapted from a recipe from [Tasting Table Chefs' Recipes](#) which was adapted from a recipe from [Jerusalem, A Cookbook](#) by Yotam Ottolenghi and Sami Tamimi.

Makes 6 servings

Active Time: 15 minutes

Total time: 45 minutes

3 medium yams, about 1¼ pounds

2 medium sweet potatoes, about 1 pound

2 tablespoons olive oil

1 teaspoon coarse sea salt (I use Celtic salt)

8 twists freshly ground pepper

3 tablespoons balsamic vinegar

1 tablespoon light honey

1 tablespoon olive oil

1½ bunches green onions (scallions)

1 mild chili, such as a jalapeno or Serrano (red, if available)

Preheat the oven to 475 degrees.

Wash and halve the sweet potatoes and yams lengthwise. Cut each half into three lengthwise wedges.

Toss the wedges in a large bowl with 2 tablespoons olive oil and the salt and freshly ground black pepper. Arrange the wedges skin side down on a parchment-lined baking pan.

Bake for 30 minutes until the potatoes are soft and their edges are deeply colored.

While the potatoes are roasting, reduce the balsamic vinegar and honey in a small saucepan over. Bring the mixture to a boil and then simmer for 1-2 minutes until slightly thickened. Remove from the heat.

Cut the green onions in half lengthwise, then into 1½-inch long pieces.

Seed and very thinly slice the pepper.

Remove the roasted potatoes from the oven. Begin heating a medium sauté pan over medium heat. Add the remaining 1 tablespoon oil and stir in the green onions and chili. Sauté them together until the scallions brown.

Remove the roasted sweet potatoes and yams to a serving platter. Scatter the scallion-chili mixture on top of the potatoes. Drizzle with the warm balsamic reduction.