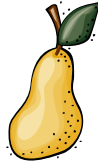


Healthy Recipe of the Week



Use organic ingredients whenever possible.

Roasted Pears and Sweet Potatoes

From Great Food Fast

Serves 4

2 sweet potatoes
3 tablespoons olive oil
1 teaspoon dry mustard
1/2 teaspoon ground ginger
1/4 teaspoon cayenne pepper (leaving this out makes the dish a little more kid-friendly)
Coarse salt
2 Bartlett pears

- 1. Preheat the oven to 400 degrees. Scrub the sweet potatoes. Quarter lengthwise; slice diagonally 1 1/2 inches thick. On a rimmed baking sheet, toss the slices with 2 tablespoons of the olive oil, the mustard, ginger, and cayenne; season with coarse salt. Roast, tossing occasionally, until crisp-tender, 20-25 minutes.**
- 2. Core and quarter the pears; halve crosswise. Add to the potatoes; toss all with the remaining tablespoon oil. Continue roasting until the potatoes are fork-tender, about 10 minutes more.**