

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Grilled Sweet Potato Skewers

Adapted from www.melskitchencafe.com

The key to this recipe is cutting all the sweet potato pieces as close to the same size as possible that way they cook evenly. Also, feel free to add other spices to fancy them up a bit. For example, chili powder and cumin will give them a nice southwest kick.

4 medium sweet potatoes/yams, peeled and cut into 1-inch chunks

Olive oil

Salt and pepper

Bamboo skewers

1. Place all of the sweet potato chunks in a large pot and cover with water. Let water come to a boil, then simmer for about 10 minutes until the sweet potatoes are just tender enough to thread on skewers (but not overly soft – they will cook through on the grill).
2. Thread 5-6 pieces of sweet potato on each skewer. Place all the skewers on a rimmed baking sheet and drizzle with 1-2 tablespoons of olive oil, rolling the skewers back and forth to evenly distribute the oil. Sprinkle the skewers with salt and pepper.
3. Preheat a charcoal or gas grill to medium or medium-high heat. Grill the sweet potato skewers, flipping every 5-6 minutes, for a total of about 20 minutes, until the sweet potatoes are tender. If desired, finish the hot sweet potatoes off with a quick brush of olive oil mixed with a little salt.