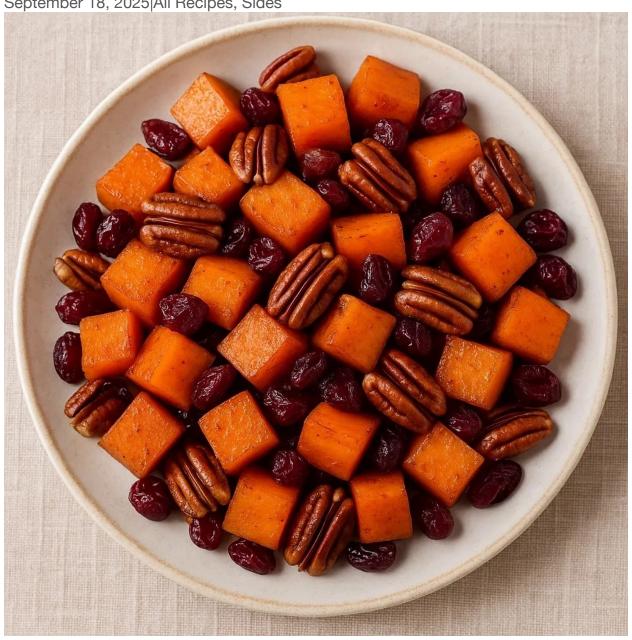


Maple Roasted Sweet Potatoes with Pecans & Cranberries

September 18, 2025 All Recipes, Sides



Sweet potatoes are a fall favorite — naturally sweet, hearty, and nutrient-dense. This recipe transforms them into a cozy side dish with the perfect balance of maple, crunch from pecans, and a pop of tart cranberries. It's simple enough for weeknights yet elegant enough for gatherings.



Serving Size: 4 servings (about ¾ cup each)

Ingredients:

2 medium sweet potatoes, peeled and cubed

1 tbsp olive oil

1 tbsp pure maple syrup

1/4 tsp cinnamon

1/4 cup chopped pecans

1/4 cup dried cranberries (unsweetened preferred)

Pinch of sea salt

Preparation:

- 1. Preheat oven to 400°F (200°C).
- 2. Toss sweet potato cubes with olive oil, maple syrup, cinnamon, and salt. Spread on baking sheet.
- 3. Roast for 20 minutes, stir, then roast another 10 minutes until tender and golden.
- 4. Remove from oven and toss with pecans and cranberries before serving.

Nutrition Facts (per serving):

Calories: 210 Protein: 3g Fat: 9g Carbohydrates: 33g Fiber: 5g





