

Maple Roasted Sweet Potatoes with Pecans & Cranberries

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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 $\frac{3}{4}$ cup each)

Ingredients:

2 medium sweet potatoes, peeled and cubed

1 tbsp olive oil

1 tbsp pure maple syrup

$\frac{1}{4}$ tsp cinnamon

$\frac{1}{4}$ cup chopped pecans

$\frac{1}{4}$ 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

