Melting Sweet Potatoes with Mini Marshmallows



Ingredients

- 2 pounds sweet potatoes
- 2 tablespoons melted butter
- 1 tablespoon extra-virgin olive oil
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- ¾ cup low-sodium vegetable *or* chicken broth
- 1 tablespoon brown sugar
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ⅓ cup mini marshmallows

Directions

1. Position rack in upper third of oven; preheat to 450°F.

2. Toss sweet potatoes, butter, oil, salt and pepper in a large bowl. Arrange in a single layer in a 9-by-13-inch metal baking pan. (Don't use a glass dish, which might shatter.) Roast, flipping once, until browned, about 25 minutes.

3. Whisk broth, brown sugar, vanilla, cinnamon and nutmeg together in a measuring cup. Carefully add the mixture to the pan. Continue roasting for another 10 minutes. Top each slice with marshmallows; roast until the potatoes are very tender and the marshmallows are just melted, 3 to 5 minutes more.

Source: eatingwell.com

Whipped Feta with Pomegranate, Pistachios & Honey



Ingredients

- 1 (6-oz.) package feta cheese in brine, drained and crumbled (1 1/2 cups)
- 1/4 cup reduced-fat cream cheese, softened
- 1 large clove garlic
- 1 tablespoon extra-virgin olive oil
- 1 1/2 tablespoons cold water
- 1/3 cup pomegranate seeds (arils)
- 1/4 cup lightly salted pistachios, chopped
- 1 tablespoon hot honey
- 1 teaspoon fresh thyme leaves
- 2 (6 1/2-inch) whole-wheat pita rounds, warmed and cut into 16 wedges

Directions

1. Add feta, cream cheese, garlic and oil to a food processor; process until mostly smooth, about 2 minutes, stopping to scrape down sides as needed. With the processor running, slowly drizzle cold water through the chute until a smooth whipped dip forms, 3 to 5 minutes.

2. Transfer to a serving bowl; top with pomegranate seeds and pistachios; drizzle with honey. Sprinkle with thyme leaves. Serve with warm pita wedges.

Source: eatingwell.com