



## Healthy Side Dishes

### **SWEET AND SPICY SWEET POTATOES**

#### Ingredients

- 2 large sweet potatoes, peeled and cubed into  $\frac{1}{2}$  inch cubes
- 3 tablespoons olive oil
- 2 teaspoons packed brown sugar
- 1  $\frac{1}{2}$  tablespoons paprika
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon onion powder
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon chili powder



#### Directions

1. Preheat oven to 425 degrees F.
2. Place the cubed sweet potatoes into a large bowl. Drizzle with oil and sprinkle all the seasonings on top. Toss until the potatoes are seasoned evenly. Spread onto a baking sheet.
3. Bake for 15 minutes, then toss the potatoes with a spatula, and return to the oven to cook for another 10-15 minutes until they are golden and tender.

### **SIMPLE SKILLET ZUCCHINI AND YELLOW SQUASH**

#### Ingredients

- $\frac{1}{2}$  tablespoon butter
- $\frac{1}{2}$  tablespoon olive oil
- 2 small zucchini, ends trimmed and diced
- 2 small yellow squash, ends trimmed and diced
- Salt and pepper to taste
- Parmesan cheese (optional)



#### Directions

1. In a large nonstick skillet, heat the butter and olive oil over medium heat.
2. Add the zucchini and squash in as even a layer as possible and sprinkle with salt and pepper. Let sit without stirring for about 2-3 minutes so as to turn golden brown. Give it a good stir and let it continue to cook for another 5-7 minutes, stirring occasionally.
3. Season with salt and pepper, if needed, and top with parmesan cheese.

