



Walnut Maple Roasted Sweet Potatoes

Introduction

Fall is upon us, and with it comes a bounty of seasonal produce, crisp air, and the delightful opportunity to experiment with comforting recipes. One such dish that perfectly encapsulates the essence of autumn is Walnut Maple Roasted Sweet Potatoes. This dish balances the earthiness of sweet potatoes with the sweetness of maple syrup and the crunchiness of walnuts, resulting in a flavor explosion that will surely please any palate. Whether served as a side dish at Thanksgiving or as a wholesome addition to your weeknight dinner, these roasted sweet potatoes are guaranteed to be a hit.

In this article, we'll guide you through the process of creating these

delicious roasted sweet potatoes with step-by-step instructions, tips, and serving suggestions. So, roll up your sleeves, and let's get cooking!

Detailed Ingredients

Sweet Potatoes

- 3 medium sweet potatoes ☐

Melted Butter

- 1/3 cup melted unsalted butter ☐

Spices

- 1 teaspoon cinnamon ☐
- 1/2 teaspoon salt ☐
- 1/2 teaspoon pepper ☐

Maple Syrup

- 1/3 cup maple syrup (+ 2 tablespoons) ☐

Walnuts

- 1/3 cup chopped walnuts ☐

Herbs

- 1 teaspoon thyme ☐
- 1/2 teaspoon cinnamon ☐

Prep Time

Prep Time: Approximately 15 minutes

Cook Time, Total Time, Yield

Cook Time: 35-40 minutes

Total Time: 50-55 minutes

Yield: Serves 4

Detailed Directions and Instructions

Step 1: Prepare Sweet Potatoes

Start by cleaning the sweet potatoes thoroughly to remove any dirt or impurities. You may choose to peel them, but the skin provides additional texture and nutrients. Cut the sweet potatoes into 1/2-inch thick rounds. This thickness helps ensure even cooking and allows for nice browning.

Step 2: Preheat the Oven

Preheat your oven to 200°C / 400°F. A preheated oven is crucial for achieving that beautifully caramelized exterior while keeping the inside tender.

See also [Apple Pie Egg Rolls](#)

Step 3: Toss with Ingredients

In a large mixing bowl, combine the sliced sweet potatoes with melted unsalted butter, cinnamon, salt, and pepper. Toss everything together using a spatula or your hands to ensure that every slice is coated evenly. For an effortless mixing experience, consider using a ziplock bag to shake the ingredients and sweet potatoes together.

Step 4: Arrange the Sweet Potatoes

Line a baking tray with parchment paper for easy cleanup, then arrange the sweet potato slices in a single layer on the tray. Be sure to leave a little space between each slice; overcrowding can lead to steaming instead of roasting, which may prevent that delightful browning effect.

Step 5: First Bake

Place the tray in the preheated oven and bake the sweet potatoes for 25-30 minutes. During this time, the slices should become fork-tender—it's a good idea to check them halfway through to ensure they're not overcooking.

Step 6: Prepare the Maple-Walnut Mixture

While the sweet potatoes are baking, take this opportunity to prepare the walnut-maple topping. In a separate bowl, mix together the maple syrup, chopped walnuts, cinnamon, and thyme. This mixture will add a deliciously crunchy and sweet layer to your sweet potatoes once they finish baking.

Step 7: Add the Topping

Once the sweet potato slices are nicely roasted, remove the tray from the oven. Use a teaspoon to top each slice with about 1 teaspoon of the walnut-maple mixture. Feel free to be generous; this is where a lot of that amazing flavor comes from!

Step 8: Final Bake

Return the tray to the oven and bake for another 8-10 minutes. This will allow the maple and walnuts to toast slightly, giving them a lovely depth of flavor and making your kitchen smell sinfully good.

See also Wicked Witch Fudge

Step 9: Serve

Once your sweet potatoes are done, you can serve them as is or sprinkle some crumbled feta on top for added creaminess and a delightful contrast of flavors. Enjoy this comforting dish warm, and don't forget to relish every bite!

Notes

- Feel free to adjust the sweetness according to your preference. You can add more maple syrup if you desire a sweeter dish, or reduce it for a less sweet option.
- If preferred, you can substitute walnuts with pecans or almonds for a different taste.
- The addition of feta is optional, but it does add a wonderful saltiness that complements the sweetness nicely.

Cook Techniques

- Roasting: The key to achieving caramelization and depth of flavor in these sweet potatoes is roasting them at a high temperature. This process allows the natural sugars in the sweet potatoes to caramelize, leading to that crispy exterior.
- Mixing: Ensure that the spices and butter coat the sweet potatoes evenly for a well-balanced flavor profile.

FAQ

Can I make this dish ahead of time?

Yes! You can prepare the sweet potatoes, toss them with the seasoning, and store them in the fridge for up to 24 hours before popping them in

the oven.

Can I use other types of potatoes?

While this recipe is specifically designed for sweet potatoes, you can experiment with other root vegetables like butternut squash or regular potatoes. Just note that the cooking times may vary.

How can I store leftovers?

Store any leftover roasted sweet potatoes in an airtight container in the refrigerator for up to 3 days. Reheat in the oven or microwave before serving.

See also Italian Stromboli

Can I make this dish vegan?

Yes! Simply substitute the unsalted butter with a plant-based butter or coconut oil, and the dish can easily be made vegan.

What other toppings can I use?

Consider adding toppings like crumbled goat cheese, pumpkin seeds, or a drizzle of balsamic glaze for an extra kick of flavor.

Conclusion

Walnut Maple Roasted Sweet Potatoes are not just a feast for the eyes, but they deliver taste and nutrition, making them a perfect addition to any meal. This delightful dish marries the sweet and savory flavors, creating a medley that celebrates the best of what the harvest has to offer. The recipe's simplicity paired with the luxurious taste makes this one a definite keeper for your recipe collection.

Whether it's for a holiday gathering or a simple weeknight dinner, these roasted sweet potatoes are sure to draw compliments and satisfy even the pickiest eaters. Enjoy the warm, comforting notes this dish brings to your table, and feel free to personalize it to suit your family's preferences.

More recipes suggestions and combination

Maple-Glazed Brussels Sprouts

A perfect pairing to the sweet potatoes, these roasted Brussels sprouts drizzled in maple syrup enhance the sweet-savory theme.

Roasted Garlic Mashed Potatoes

For a creamier starch option, try making mashed potatoes with roasted garlic and a hint of cream.

Quinoa Salad with Cranberries and Pecans

A light and fresh side dish, this quinoa salad can complement the sweetness of the potatoes perfectly.

Herb-Crusted Pork Tenderloin

Serve alongside your roasted sweet potatoes for a hearty main dish that will satisfy your meat-eating guests.

Honey-Glazed Carrots

These sweet and bright carrots make for a colorful plate while adding a different texture and flavor that works beautifully with sweet potatoes.

Enjoy cooking and indulging in these delicious combinations!