

# GRILLED SWEET POTATOES WITH CILANTRO-LIME DRESSING



## Ingredients:

- 3 tablespoons lime juice
- 3 tablespoons white wine vinegar
- 2 tablespoons honey
- 3 tablespoons fresh cilantro, minced
- 2 tablespoons minced shallot
- 1/4 teaspoon ground black pepper
- 1 1/2 pounds sweet potatoes (1 large or 2 medium), sliced lengthwise in 1/2-inch-thick slices

## Method:

In a small bowl, whisk together lime juice, vinegar, honey, cilantro, shallot and pepper until blended.

Prepare the grill for medium-heat cooking.

Brush sweet potatoes on both sides with dressing. Place sweet potatoes on the grill. Grill, covered, about 6 minutes on each side or until tender and charred. To serve, slice in strips and drizzle with remaining dressing.

## Nutritional Info:

**Per Serving:** 190 calories (0 from fat), 0g total fat, 0g saturated fat, 0mg cholesterol, 95mg sodium, 45g carbohydrate (5g dietary fiber, 16g sugar), 3g protein