

Roasted Whole Red Onions with Sweet Potatoes & Rosemary

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4 small red onions, about 3" across
1 pound sweet potatoes, peeled and cut into 1-inch pieces
5 sprigs of fresh rosemary
1 Tbsp olive oil
2 Tbsp red wine vinegar
1 Tbsp balsamic vinegar
1 Tbsp dry sherry
1 Tbsp brown sugar
3/4 cup vegetable or chicken stock
Salt & pepper to taste

- Preheat oven to 400F.
- Wash the onions and slice a flat piece off the root end, this helps the onion sit upright while roasting. Peel off the outer papery layer, revealing a glistening purple bulb. Insert the tip of your knife into the top of the onion by about a half inch, this helps the onion cook more evenly. Arrange in a shallow baking dish, fill in with sweet potato pieces, keep in a single layer as best possible. Top with rosemary.
- Mix the remaining ingredients and pour over the onions and sweet potatoes. Cover with foil and roast for one hour or until the sweet potatoes are fully cooked and the onions soft.
- Serve hot. Once plated, you can either cut into the onions or pick one up by the top and squeeze it gently: the flesh will "pop" right out! Fun! The outer layer may be too tough to eat but helps "bake" in all the flavor and moisture.



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