



Thanksgiving Side Dishes

Ingredients:

Roasted Green Beans & Chestnuts

green beans
chestnuts, skinned
1 TBSP olive oil
salt and pepper

Mashed Cinnamon Sweet Potatoes

3-4 sweet potatoes, peeled
1-2 tsp cinnamon
1 tsp maple syrup (optional)

Directions:

1. Preheat oven to 375 F; Measure ingredients and chop vegetables for each recipe
2. Season vegetables
3. Roast green beans and chestnuts on baking sheet until golden brown; Roast whole sweet potatoes on separate baking sheet
4. Remove sweet potatoes from oven and peel; Add to large bowl with cinnamon and maple syrup and mash with fork
5. Plate and enjoy!

Cookware needed:

- 2 Baking Sheets
- Cutting Board
- 1 Large Bowls
- 2 Serving Platters

Cost: \$ \$

Ease:



Health Benefit: These plant-based side dishes are filled with delicious vegetables with tons of fiber to keep you fuller for longer. Sweet potatoes are an excellent source of beta carotene and vitamin A to support healthy vision. Green beans are rich in vitamins and minerals to support overall body functions.