



## Indian Masala Spice Escalloped Sweet Potatoes

**Yield:** 8 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS 1/8 recipe
Olive Oil	2 tbsp	Calories 220
Onion, sliced	1	Fat 8g
Reduced-fat Milk	2 cups	Saturated Fat 1g
SupHerb Farms Fusions® Indian Masala, divided	1/3 cup	Cholesterol 5mg
Salt	1 ½ tsp	Sodium 550mg
Pepper	¼ tsp	Carbohydrate 34g
Sweet Potatoes, peeled and cut into ¼" slices	3 lbs	Fiber 4g
Pecans, chopped	¼ cup	Sugars 16g
Brown Sugar	¼ cup	Protein 5g
Orange Zest	1 tsp	DIETARY STATEMENTS
		N/a

### PREPARATION

1. Preheat oven to 375°F. Heat oil over low heat in sauté pan; cook onion for about 5 minutes until tender. Add milk, 1/4 cup SupHerb Farms Fusions® Indian Masala, salt and pepper. Bring to boil and simmer for 3 minutes.
2. Arrange half of the sweet potatoes in 11- x 7-inch baking dish; pour half of the milk mixture over top. Arrange remaining potatoes in dish; pour remaining milk mixture over top.
3. Mix together pecans, brown sugar, orange zest and remaining SupHerb Farms Fusions® Indian Masala; sprinkle over potatoes.
4. Cover and bake for 30 minutes; uncover and bake for about 45 minutes or until potatoes are tender and liquid is absorbed.