

## **Yogurt Whipped Sweet Potato**

Yield: 4 servings

- 2 pounds sweet potatoes, peeled and diced into 1 inch cubes
- 1 teaspoon sea salt plus more for seasoning
- 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- 1/2 cup yogurt

Place sweet potatoes in a large saucepan, cover with water and add 1 teaspoon salt. Bring to a boil and simmer until tender, about 20 minutes. Drain sweet potatoes and press through a ricer into a large bowl. Stir in the maple syrup, cinnamon and yogurt. Taste and adjust seasoning with salt. Transfer to a serving dish and serve immediately.

If made ahead, reheat in a 300°F oven, covered with foil, until hot, about 35 minutes.

## **Crispy Brussels Sprouts with Turkey Bacon and Apple**

Yield: 4 servings

- 1 tablespoon olive oil
- 4 slices turkey bacon, cut crosswise into 1/4-inch pieces
- 2 pounds Brussels sprouts, trimmed and quartered
- 2 tablespoons white wine vinegar
- Sea salt and freshly ground black pepper
- 1 Granny Smith apple, core removed, sliced thin and julienned

Heat a medium sauté pan over medium-high heat. Add the oil and turkey bacon and cook until crispy and the fat has rendered, about 5 minutes. Using a slotted spoon, remove the turkey bacon from the pan, leaving the fat behind.

Increase the heat to high and add the Brussels sprouts. Let them sit for about 1 minute in the hot pan and then stir for about 15 seconds. Continue this pattern for about 5 to 7 minutes or until the Brussels sprouts are tender. Add the vinegar, turkey bacon and apple and stir to combine. Taste and adjust seasoning with salt and pepper.

Transfer to a serving platter and serve.

## Individual Pear Crisps with Brown Sugar-Sour Cream

Yield: 8 servings

4 Anjou pears, sliced in half and cores removed

1/2 cup rolled oats

1/2 cup whole wheat white flour

1/4 cup smoked brown sugar

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/4 teaspoon sea salt

3 tablespoons butter, melted

1 cup light sour cream

1/8 cup brown sugar

Preheat your oven to 400°F.

Line a rimmed baking sheet with a silicone baking mat and arrange pears, cut side up, on the mat.

In a medium mixing bowl combine the rolled oats, whole wheat flour, brown sugar, spices, salt and melted butter and mix until large clumps form. Top each pear half with about 3 tablespoons of the oat mixture. Transfer baking sheet to the oven and bake pears for 25 minutes or until the filling is golden and bubbling and the pears are tender.

While the pears are baking, whisk together the sour cream and brown sugar.

To serve, place a warm pear half on the plate and top with a spoonful or two of the sweetened sour cream.