

# Roasted Sweet Potato, Corn, and Honeycrisp Apple

Serves: 6

Pan frying the corn and sweet potatoes develops a rich flavor by browning the natural sugars in the corn and sweet potatoes. The secret to this dish is to drain and dry the corn so that it browns instead of boils in its own water.



## Ingredients

- 1 cup corn
- 1/4 of one red onion
- 1/4 cup pepitas (hulled pumpkin seeds)
- 1/2 Lime (2 Tbsp. lime juice, divided)
- 1 Honeycrisp apple cut in 1/2-inch cubes
- 2 Tbsp. olive oil (divided)
- 1/2 tsp. smoked paprika
- 1/4 tsp. cayenne pepper
- 1 large sweet potato
- 2 Tbsp. water
- 2 Tbsp. cilantro chopped (divided)

## Equipment

- Large fry pan with lid
- Measuring spoons
- Potato peeler
- Serving dish

## Roasted Sweet Potato, Corn, and Honeycrisp Apple:

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Drain 1 cup corn and then dry on a paper towel.	1	
	Dice 1/4 cup red onion	2	
	In a dry skillet, toast 1/4 cup pepitas until they start to pop.		5
	Cut and extract juice from 1 lime (2 Tbsp.)	2	
	Core apple and cut into 1/2 inch pieces with peel on	2	
	Toss with 1 Tbsp. lime juice, reserve remaining lime juice	1	
	Transfer browned pepitas to a bowl to cool	1	
	Add 1 Tbsp. of olive oil to the pan and heat	1	
	Add corn, red onion, 1/2 tsp. paprika, and 1/4 tsp. cayenne pepper	1	
	Roast corn until it starts to brown		5
	Peel and cut sweet potato into 1/2" pieces	5	
	Transfer roasted corn to a bowl	1	
	Add 1 Tbsp. of olive oil to the pan and scrape browned bits	1	
	Add sweet potatoes and roast in open pan, stirring frequently		3
	Clean and chop 2 Tbsp. cilantro	2	
	Add 2 Tbsp. of water and cover the pan, steam	2	
	Test sweet potatoes for doneness, firm but not crunchy	1	
	In a large bowl, toss corn, sweet potatoes, apples, 1 Tbsp. lime juice, and 1 Tbsp. cilantro	1	
	Place in serving dish, garnish with 1 Tbsp. cilantro and pepitas	25	
	<b>Total</b>	25min	