

# Conscious Kitchen

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## Ellary's Greens Sweet Potato with Pickled Zucchini

Recipe by Leith Hill

Leith Hill, Wisdom Foods CEO and owner of the NYC restaurant Ellary's Greens offers a delightful and beautiful side dish for this year's holiday season. Often called "the world's greatest food," sweet potatoes are a delicious source of vitamin A (in the form of beta-carotene). They are also a very good source of vitamin C, manganese, copper, pantothenic acid, and vi-

tamin B6. Additionally, they are a good source of potassium, dietary fiber, niacin, vitamin B1, vitamin B2, and phosphorus.

Because of their natural sweetness, they are a big hit with all eaters: young and old! And they are a wonderful addition to any family's table.

### Ingredients

- 1 large sweet potato (cut in 1" medallions)
- 2oz raw zucchini (skin on/unpeeled)
- 1oz fresh lime juice
- 4 sprigs fresh cilantro (roughly chopped)
- Pinch of salt (to taste)

### Directions

1. Wash the outside of the sweet potato and scrub it gently to remove any dirt, if necessary.
2. Cut raw sweet potato into medallions 1" thick and place on a greased cookie sheet.
3. Bake the sweet potato at 350° F for 30 minutes or until tender.
4. While sweet potato is baking, thinly slice the zucchini (by hand or on a mandolin), then add the lime juice to the zucchini plus pinch of salt (to taste).
5. Once the sweet potato medallions are tender and golden brown, place them on a plate and top with 4-5 slices of pickled zucchini.
6. Garnish with fresh cilantro and ENJOY!

