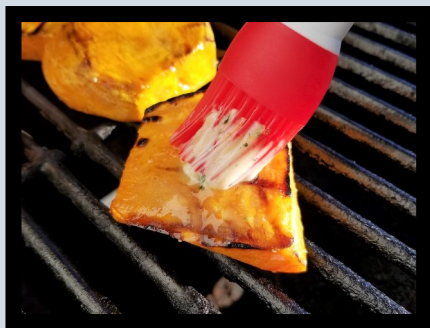


Grilled Sweet Potatoes with Herb Butter

Author: Amber Gibson



Makes 5 servings
Serving: 2 planks
Protein: 1.7 g protein per serving
Calories: 175 per serving

Ingredients:

- 500 g Sweet Potato, about 1 large
- 2 TBSP Olive Oil
- 1/2 tsp Salt, Table
- 1/4 tsp Pepper, black

Instructions:

1. Preheat grill to medium heat.
2. Peel sweet potato and cut crosswise. Cut into 1/2 inch thick planks. Place the planks in a medium bowl and toss with the olive oil, salt, and pepper.
3. Place the planks on the preheated grill and close the lid. Cook for 5 minutes, then flip to grill the other side. Cook for another 5 minutes. Use a basting brush to spread the softened herb butter over the grilled sweet potatoes. Continue to cook until sweet potatoes are fork tender. Remove from grill, brush with some more butter and serve immediately.

Herb Butter

Ingredients:

- 4 TBSP Butter, unsalted, Softened
- 1/4 tsp Garlic Powder
- 1 tsp Parsley, fresh, chopped
- 1/2 tsp Basil, raw, chopped
- 1/2 tsp Chicken-Flavored Consommé & Seasoning, dry

Instructions

In a small bowl add the softened butter. Mash the butter with a fork until smooth and creamy. Next add the garlic powder, parsley, basil, and consommé until well blended. Place into a sealed container and refrigerate until ready to use or you can use it right away.