

GOOD FOOD

Wednesday, November 14, 2012

Taking sides: 6 stellar vegetarian recipes from New York chefs

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"Just bring a side" is a simple phrase that can cause undue anguish. This year, fear not.

We tapped the saute pans of [some of the city's healthiest chefs](#)—from Shanna Pacifico at [Back Forty West](#) and Scott Campbell at Bette Midler's [New Leaf Restaurant](#) to Ian Kapitan of [Alobar](#)—to bring you these crowd-pleasing recipes.

Every recipe is meat-free—four are vegan—and they showcase ingredients like seasonal veggies and wholesome ancient grains.

Time to get cooking! —*Lisa Elaine Held*

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Roasted Sweet Potatoes

Anthony Moraes and Natalia Hancock, SPE Certified, www.specertified.com

Serves 8

4 large sweet potatoes (2lbs), peeled and chopped
2 tbsp olive oil
1 tsp cinnamon
¼ tsp ground nutmeg
½ tsp salt
½ tsp black pepper
2 tsp brown sugar

Preheat oven to 375 degrees and place large baking sheet inside.

Steam sweet potatoes in large pot filled with 1 inch of water and a steam basket (or other preferred steaming method) for 5 minutes to start cooking process then remove from heat. In a bowl, toss the potatoes with olive oil, cinnamon, nutmeg, salt and pepper and spread them on the hot baking sheet and place it back in the oven.

Roast for 20-25 minutes or until tender. Toss with brown sugar and serve.

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