

Baked Sweet Potatoes

Ingredients:

4-5 sweet potatoes, clean and cut crosswise.
1-2 Tbsp. olive oil
Sprinkle of Pink salt or kosher salt to taste
¼ tsp. dried thyme

Directions:

Preheat oven to 400 degrees.

Cover the baking sheet with parchment paper.

Sprinkle salt, dried thyme and drizzle olive oil generously on each half of the sweet potatoes.

Place the sweet potatoes cut side down (drizzle some more olive oil on top and give them good massage.)

Bake for 40 minutes or till the bottom is caramelized.

*Try baking in an air fryer for less time.

Zucchini Onion Pie

Ingredients:

3 eggs
1 cup grated Parmesan cheese
½ cup canola oil
1Tbsp. minced fresh parsley
1 garlic clove, minced
¼ tsp. salt
¼ tsp. pepper
3 cups sliced zucchini
1 cup biscuit/baking mix
1 small onion, chopped.

Directions:

1. In a large bowl, whisk the first seven ingredients. Stir in the zucchini, baking mix and onion. Pour into a greased 9-inch deep-dish pie plate.
2. Bake at 350 degrees for 25-35 minutes or until lightly browned.
3. Substitute squash for the zucchini, add chopped cooked bacon, or sliced tomatoes for a different version of this dish.

