



ROASTED SWEET POTATOES w/ Steak, Pomegranate Seeds and GREEN DREAM sauce

SERVES 4

TIME: 40-50 MINUTES

INGREDIENTS:

4 sweet potatoes (long and skinny are best)

1 TBSP olive oil

4-3 oz top sirloin steaks

1 TBSP butter

½ C pomegranate seeds

½ C labneh, greek yogurt or sour cream

**GREEN DREAM DRESSING (approximately 1
TBSP per person)**

DIRECTIONS:

1. Preheat oven to 400° F.
2. Wash sweet potatoes and cut exactly in half lengthwise.
3. Poke holes in the skin side of the potatoes using a fork (about 3-4 times)
4. Drizzle oil evenly on all potatoes.
5. Place potatoes face down on an aluminum foil lined baking sheet and cook for 20-30 minutes. (potatoes should be soft to the touch when finished).
6. Meanwhile (after about 15 minutes of potatoes cooking), heat 1 TBSP butter in a large pan on high heat. Place steaks down (you should hear a sizzle) and cook 1-2 minutes per side. Steak should be brown on both sides.
7. Reduce heat to medium and cook to desired doneness. (approximately 2-3 more minutes)
8. Remove steak from pan and let rest for at least 5 minutes (this keeps the juices in the steak and the steak moist). After 5 minutes, slice steak, or leave uncut.
9. Take the sweet potatoes out of the oven and plate 2 on each plate.
10. Top with sliced steak, labneh, pomegranate seeds and GREEN DREAM DRESSING

SONG: OH! Sweet Nothing by The Velvet Underground