Fresh for Kids® Roast kumara with hummus & jelly



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Roast kumara with hummus & jelly

Preparation: about 10 minutes **Cooking:** about 30 minutes

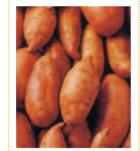
Serves:

This side dish is excellent served with lamb or chicken.

1.2 kg kumara (orange sweet potato) Olive oil cooking spray Salt and ground black pepper ¼ cup redcurrant jelly 250g tub reduced fat hummus

- Preheat oven to 200°C. Peel and cut kumara into 4–5cm pieces. Place on a large baking tray lined with baking paper. Spray liberally, tossing often, with oil. Season with salt and pepper. Bake for 25–30 minutes until tender and crisp at the edges.
- Place redcurrant jelly into a small heatproof bowl. Microwave for 30 seconds until warmed.
- Place kumara on a serving plate, top with hummus and drizzle with warmed redcurrant jelly and serve.

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Kumara

- Provides slowly digested carbohydrate, making it a useful vegetable for those with diabetes
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.

