

Roasted sweet potato wraps with caramelized onions and pesto

Description

Great for lunch or dinner, freeze well for easy leftovers. While these seem labor intensive, they work out great for pulling out of the freezer later and having for an easy lunch or dinner.

Ingredients

- 3 Sweet potatoes, peeled and cubed into 1/2 inch cubes
- 1/2 cup pesto
- 3 Portobello mushroom caps, stems and ribs removed, sliced into 1/4 inch slices
- 1 pt cherry or grape tomatoes, cut in half
- 1 onion, peeled and sliced into 1/4 inch slices
- 10 whole wheat burrito size wraps
- 3/4 cup parmesan cheese grated
- 2 chicken breast
- 1 apple, cored and chopped
- 1 cup chicken broth

Instructions

Additional ingredients:

3 whole garlic cloves - peeled

1/4 cup diced onion

2 Tbsp brown sugar

1/2 tsp cinnamon

1/4 tsp nutmeg

1.5 Cups mozzarella cheese shredded

Summary

Yield: 10

Source: www.thekitchn.com

Prep Time: 1 1/2 hours

Category: Lunch

Cuisine: American

Tags: sweet potato, Chicken, onion, tomato, wrap

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Olive Oil

Place chicken in slow cooker with apple, broth, garlic, 1/4 diced onion, brown sugar, cinnamon, nutmeg, and enough water to cover chicken. Salt and pepper to taste. Let cook on high for 2-4 hours or until chicken is tender and easily shredded with fork. Set aside after shredding.

Preheat oven to 400 degrees, line two baking sheets with parchment paper. Arrange sweet potato cubes on one, mushroom slices and tomatoes on other. Drizzle with olive oil and salt and pepper. Toss to combine and rearrange vegetables on the pans with space between each veggie (keep tomato slices with the skin face down to avoid sticking to the pan.) Roast the sweet potatoes for 35 minutes, turning once. Roast the tomatoes and mushrooms for 15 minutes or until softened.

Heat a stainless steel or non stick pan over medium-high heat. Add a Tbsp of olive oil and when hot, add the onions. Cook the onions, stirring occasionally, until soft and caramelized. Turn down the heat if onions begin to brown too quickly. This may take 20-45 minutes, once the onions are browning and the pan begins to dry, add a few TBSP of water and allow the moisture to cook off. Set aside.

Take each wrap and spread 1-2 tsp of pesto across the middle. Add handful of sweet potato cubes, several mushroom slices, caramelized onions, and onions to center of wrap. Sprinkle with parmesan cheese. Add small amount of mozzarella. Add chicken. Close the wrap by folding in the ends, then the sides. Repeat for remaining wraps.

For wraps to be eaten immediately, wrap in foil and place in the oven at 350 degrees for 10 minutes, then unwrap and continue to bake for 5 minutes.

For leftovers/storage, wrap wraps in foil and refrigerate for several days or store in freezer for up to 6 months. To reheat if frozen - thaw in fridge overnight, then follow above cooking instructions.