

Adapted from a recipe posted by Delta Kumara.



## Curried Kumara with Roasted Cashews

- 1 c raw cashews
- 1 t salt
- 4 med. sweet potatoes (Kumara)
- 1 large onion
- 1/4 c of butter
- 2 t curry powder

Preheat oven to 375F. Place the cashews on a baking sheet and lightly coat with canola oil. Roast for approximately 10-15 minutes or until golden brown. Boil a pot of water with salt on the stove. Peel and cube the sweet potato place in boiling water and cook for 5 minutes. Drain potatoes and set aside. Next sauté the onion in the butter for 5 minutes. Add curry powder and cook for one additional minute. Mix the potatoes with the onions and add the cashews. Serve warm.