

Sweet Potato Ricotta Bites: Easy & Healthy Appetizer

Sweet Potato Ricotta Bites: Your New Favorite Wholesome & Flavorful Snack!



OVEN
400°F

TIME
30 min

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INGREDIENTS

2 large sweet potatoes, sliced into 1/2-inch thick rounds (uniform slices for even cooking)
1 tbsp olive oil
1 cup ricotta cheese (whole milk ricotta for creaminess is recommended)
1 tsp chopped fresh rosemary or thyme (or a mix of both)
1/2 cup chopped walnuts
1/3 cup dried cranberries
Salt & pepper to taste
Optional: honey drizzle or balsamic glaze (for an extra touch of sweetness/tang)

Swaps and Notes:

Sweet Potatoes: Look for firm, medium-sized sweet potatoes. Uniform slices are important for even roasting.

Ricotta Cheese: Whole milk ricotta will give you the creamiest and most decadent texture. Part-skim can be used, but the consistency might be slightly less rich.

Herbs: Fresh rosemary or thyme provides a wonderful aromatic note that pairs beautifully with sweet potato. Dried herbs can be used in a pinch, but use about 1/3 the amount.

Walnuts: Chopped walnuts add a fantastic crunch. Pecans or even toasted pumpkin seeds (pepitas) would also be delicious.

Dried Cranberries: These offer a tart chewiness that contrasts nicely with the sweet potato. Dried cherries or golden raisins could be substituted.

Honey/Balsamic Glaze: These optional drizzles can add an extra layer of sweetness or tang. A balsamic glaze can be store-bought or easily made by reducing balsamic vinegar in a saucepan until syrupy.

Directions:

Preheat Oven: Preheat your oven to 400°F (200°C).

Prepare Sweet Potatoes: In a large bowl, toss the sweet potato rounds with olive oil, salt, and pepper until they are well-coated.

Roast Sweet Potatoes: Spread the seasoned sweet potato rounds out in a single layer on a baking sheet. Ensure they are not overlapping for best caramelization. Roast for 25-30 minutes, flipping them halfway through (around 12-15 minutes) to ensure even caramelization and tenderness. They should be golden-brown and tender when pierced with a fork.

Prepare Ricotta Mixture: While the sweet potatoes are roasting, prepare the creamy ricotta topping. In a separate medium bowl, mix the ricotta cheese with your choice of chopped fresh rosemary or thyme, a pinch of salt, and a dash of pepper. Stir until well combined.

Cool Sweet Potatoes Slightly: Once the sweet potatoes are roasted, remove them from the oven and let them cool slightly on the baking sheet for about 5-10 minutes. They should be warm enough to be enjoyable, but cool enough to handle easily.

Assemble the Bites: Once the potatoes have cooled slightly, dollop a generous amount of the ricotta mixture onto the center of each roasted sweet potato round.

Top & Garnish: Top each bite with a sprinkle of chopped walnuts and a few dried cranberries for that delightful sweet and crunchy contrast.

Final Touch (Optional): For an extra touch of flavor and elegance, finish off with more fresh herbs (like a small rosemary sprig) or drizzle a bit of honey or balsamic glaze on top if you like.

Tips for Success:

Uniform Sweet Potato Slices: Cutting the sweet potatoes into even ½-inch thick rounds ensures they roast uniformly.

Don't Overcrowd: Spread sweet potato slices in a single layer on the baking sheet. If crowded, they will steam instead of roast and caramelize. Use two baking sheets if necessary.

Pat Dry (Optional): While not strictly required for sweet potatoes, patting them dry after slicing can help achieve even better crispness.

Taste the Ricotta: Taste the ricotta mixture and adjust salt, pepper, or herbs to your liking before dolloping it onto the potatoes.

Serve Warm or Room Temp: These bites are delicious both warm from the oven (after cooling slightly) and at room temperature.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For a classic, crowd-pleasing dessert that feeds a big family, don't miss my [This Big Family Banana Pudding Is My Favorite Classic Dessert to Feed a Crowd](#).

If you're a fan of rich and indulgent treats, you'll adore my [These Chocolate Chip Cookie Dough Brownie Bombs Are My Favorite Sweet Obsession](#).

DIRECTIONS

- 1.** Making these : Sweet Potato Ricotta Bites is straightforward, primarily involving roasting and assembly!
- 2.** Preheat : Oven: Preheat your oven to 400°F (200°C).
- 3.** Prepare : Sweet Potatoes: In a large bowl, toss the sweet potato rounds with olive oil, salt, and pepper until they are well-coated.
- 4.** Roast : Sweet Potatoes: Spread the seasoned sweet potato rounds out in a single layer on a baking sheet. Ensure they are not overlapping for best caramelization. Roast for 25-30 minutes, flipping them halfway through (around 12-15 minutes) to ensure even caramelization and tenderness. They should be golden-brown and tender when pierced with a fork.
- 5.** Prepare : Ricotta Mixture: While the sweet potatoes are roasting, prepare the creamy ricotta topping. In a separate medium bowl, mix the ricotta cheese with your choice of chopped fresh rosemary or thyme, a pinch of salt, and a dash of pepper. Stir until well combined.
- 6.** Cool : Sweet Potatoes Slightly: Once the sweet potatoes are roasted, remove them from the oven and let them cool slightly on the baking sheet for about 5-10 minutes. They should be warm enough to be enjoyable, but cool enough to handle easily.
- 7.** Assemble the : Bites: Once the potatoes have cooled slightly, dollop a generous amount of the ricotta mixture onto the center of each roasted sweet potato round.
- 8.** Top & : Garnish: Top each bite with a sprinkle of chopped walnuts and a few dried cranberries for that delightful sweet and crunchy contrast.

9. **Final : Touch (Optional):** For an extra touch of flavor and elegance, finish off with more fresh herbs (like a small rosemary sprig) or drizzle a bit of honey or balsamic glaze on top if you like.
10. **Tips for Success: Uniform Sweet Potato Slices:** Cutting the sweet potatoes into even 1/2-inch thick rounds ensures they roast uniformly.
11. **Don't : Overcrowd:** Spread sweet potato slices in a single layer on the baking sheet. If crowded, they will steam instead of roast and caramelize. Use two baking sheets if necessary.
12. **Pat : Dry (Optional):** While not strictly required for sweet potatoes, patting them dry after slicing can help achieve even better crispness.
13. **Taste the : Ricotta:** Taste the ricotta mixture and adjust salt, pepper, or herbs to your liking before dolloping it onto the potatoes.
14. **Serve : Warm or Room Temp:** These bites are delicious both warm from the oven (after cooling slightly) and at room temperature.
15. **Serving Suggestions and Pairings:** These Sweet Potato Ricotta Bites are incredibly versatile! They make a fantastic appetizer for a party, a wholesome and satisfying snack, or a unique and colorful side dish for a main course like roasted chicken, pork tenderloin, or grilled fish. They're also great for holiday gatherings. For other delightful and comforting baked goods with a hint of sweetness, you might also enjoy my [These Easy Pumpkin Spice Muffins](#) [Are My Favorite Fall Treat to Bake on Repeat](#) or my beloved [This Chocolate Chip Banana Bread](#) [Is My Favorite Way to Use Up Overripe Bananas](#).
16. **Storage and Leftover Tips:** Sweet Potato Ricotta Bites are best enjoyed fresh, when the sweet potatoes are tender and the toppings are vibrant. If you have leftovers, store the roasted sweet potato rounds and the ricotta mixture separately in airtight containers in the refrigerator for up to 3-4 days. Assemble them just before serving to maintain optimal texture.
17. **More Recipes You Will Love:** If you loved the wholesome, comforting, and flavorful nature of these bites, here are a few more delightful recipes that I think you'll absolutely love:
18. For a classic, crowd-pleasing dessert that feeds a big family, don't miss my [This Big Family Banana Pudding](#) [Is My Favorite Classic Dessert to Feed a Crowd](#).
19. If you're a fan of rich and indulgent treats, you'll adore my [These Chocolate Chip Cookie Dough Brownie Bombs](#) [Are My Favorite Sweet Obsession](#).
20. And for a simple and comforting no-bake fall delight, my [This Pumpkin Delight Dessert](#) [Is My Favorite No-Bake Fall Treat](#) is perfect.
21. For a festive and make-ahead holiday treat, consider my [These Pecan Pie Bars](#) [Are My Favorite Make-Ahead Holiday Dessert](#).
22. **Final Thoughts:** These Sweet Potato Ricotta Bites are a perfect example of how simple, fresh ingredients can create something truly special and delicious. They're easy to make, healthy, and packed with wonderful flavors and textures. Give them a try, and enjoy this

delightful combination for your next snack or gathering!

23. What's your favorite way to incorporate sweet potatoes into savory dishes? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

Sweet Potatoes: Look for firm, medium-sized sweet potatoes. Uniform slices are important for even roasting.

Ricotta Cheese: Whole milk ricotta will give you the creamiest and most decadent texture.

Part-skim can be used, but the consistency might be slightly less rich.

TIPS FOR SUCCESS

Uniform Sweet Potato Slices: Cutting the sweet potatoes into even $\frac{1}{8}$ -inch thick rounds ensures they roast uniformly.

Don't Overcrowd: Spread sweet potato slices in a single layer on the baking sheet.

If crowded, they will steam instead of roast and caramelize.

Pat Dry (Optional): While not strictly required for sweet potatoes, patting them dry after slicing can help achieve even better crispness.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-potato-ricotta-bites-easy-healthy-appetizer/>