**Sweet Potatoes with Cabbage**



**Ingredients**

* 4 sweet potatoes
* 4 cloves of garlic, minced
* 1 onion diced
* 1 tablespoon coconut oil
* 1 red cabbage, shredded
* 1/2 teaspoon sea salt
* 1/2 lemon

**Sauce**

* 1 tablespoon olive oil
* 1 tablespoon honey
* 1 tablespoon lemon juice
* 1 tablespoon fresh grated ginger

**Garnish**

* 4 tablespoons fresh minced parsley

**Directions**

1. Bake sweet potatoes at 400 degrees, until soft
2. In a large pan sautée garlic and onions in 1 tablespoon coconut oil over medium high heat.
3. Add cabbage and sea salt with 1/2 cup of water.  Cover and cook until tender.  Stir occasionally and add water as needed to moisten.
4. Make your sauce right before serving.  Double your sauce for 4 potatoes.  Add all ingredients to small pan until mixture bubbles and slightly thickened.
5. Spit open sweet potatoes and mash slightly with a fork. Add cabbage on top of potatoes and spoon on sauce.