

Portion size: 1/2 cup



Roasted Sweet Potatoes

Crispy outside, light and fluffy inside

Yield: 6 servings

- 1 ½ lb Sweet Potatoes
- 2 Tbsp Olive Oil
- 1/8 tsp Kosher Salt
- 1/8 tsp Ground Black Pepper
- 2 Tbsp Chopped Parsley



Preheat oven to 450F. Thoroughly scrub potatoes in the sink. Peel and cut potatoes into half moons 3/4" thick. Chop parsley. In boiling water cook sweet potatoes half way, about 5 -10 minutes, they should still be firm. In a bowl, lightly toss potatoes in oil, salt and pepper. Transfer to roasting pan coated with non-stick spray.

Bake in 450F for 25 minutes or Convection Oven at 400F for 20 minutes, turning occasionally. Garnish with sprinkle of parsley.

Note: Add your favorite spices such as chili powder, curry powder, Cajun seasoning (lower amount of salt if using a seasoning blend with salt already included) for extra flavor.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
112.2	1.7	17	4.5	0	77.3	2.7	0.6