

# OVEN ROASTED SWEET POTATOES

*Crispy outside, light and fluffy inside*

SUPERFOOD

Portion: 1/2 cup Yields: 6



**CALORIES (kcal): 110**

**PROTEIN (g): 2**

**SUGAR (g): 5**

**TOTAL FAT (g): 4.5**

**SODIUM (mg): 75**

**SAT FAT (g): 0.5**

**DIETARY FIBER (g): 3**

## INGREDIENTS:

1 ½ lb Sweet Potatoes

2 Tbsp Olive Oil

1/8 tsp Salt, Kosher

1/8 tsp Black Pepper, Ground

2 Tbsp Parsley, Chopped

## METHOD:

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.

## CHEF'S NOTES:

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.