

## RECIPES

### Roasted Garlic Sweet Potatoes

Sweet potatoes are a favorite food on the island of Okinawa, one of the places where people live especially long lives, and some researchers credit the sweet potato for a portion of that longevity. This dish is adapted from a recipe by the terrific chef Ming Tsai, and it could not be easier to prepare, especially as the potatoes do not need to be peeled. It also heats up well in a microwave, although the crisp texture is lost. There are two things to remember when making it: cut the potatoes to no more than ½ inch square, and use good oven mitts and extreme caution when extracting the preheated skillet or casserole dish from the oven. (That operation decreases the cooking time and makes the potatoes more crispy).

Learn more about the [nutrition information](#) provided below.

**Yields :** 4 servings

#### **Nutrition (*per serving*)\***

Calories - 171

Total Fat - 4 g

Saturated Fat - 1 g

Trans Fat - 0 g

Cholesterol - 0 mg

Sodium - 260 mg

Total Carbohydrates - 33 g

Dietary Fiber - 4 g

Sugars - 0 g

Protein - 2 g

#### **Ingredients**

1 ½ pounds sweet potatoes, skin left on and cut into ½ inch pieces

12 cloves garlic, peeled and cut in half

1 tablespoon extra virgin olive oil

¼ teaspoon dried thyme

½ teaspoon kosher salt, or to taste

½ teaspoon pepper, or to taste

#### **Directions**

**1. Preheat your oven and baking dish.** Preheat the oven to 375 degrees and place a 12 inch oven-proof skillet or similar size casserole dish in it for 20 – 30 minutes. (I use a cast iron skillet).

**2. Mix the ingredients.** While the skillet or dish is heating, mix all the ingredients together in a bowl.

**3. Roast the potatoes and garlic.** Remove the heated skillet or dish with oven mitts and a great deal of caution, and immediately add and evenly distribute the mixed ingredients then place in the oven. Roast the potatoes for 45 minutes, stirring every 15 minutes so they will cook evenly. They are particularly

good with grilled items. They also make a fine addition to any vegetarian meals and are especially good with eggs as a substitute for hash-brown potatoes.