

SMOKY ROASTED SWEET POTATOES

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Ingredients

- 2 Medium Sweet Potatoes
- 2 Tablespoons Olive Oil
- 1 Tablespoon Brown Sugar
- 1 Teaspoon Smoked Paprika
- 1/8 Teaspoon Garlic Powder
- 1/8 Teaspoon Cayenne Pepper (optional)
- 1/4 Teaspoon Salt
- Freshly Cracked Pepper

Directions

1. Preheat the oven to 400 degrees. Wash and peel the sweet potatoes, then cut them into 1/8-inch thick slices.
2. In a small bowl, stir together the brown sugar, smoked paprika, garlic powder, cayenne pepper, salt, and some freshly cracked pepper.
3. Place the sweet potato slices in a large bowl and drizzle the olive oil over top. Toss spice mix with sweet potatoes until evenly coated.
4. Arrange sweet potato slices in a casserole dish, stacked in a row like a deck of cards. Cover with foil and roast in the preheated oven for 30 minutes.
5. Remove the foil and let cook for an additional 15 minutes. Test the sweet potatoes with a fork for doneness. If still firm, roast for an additional 10-15 minutes. .

Nutrition Fun Facts

Sweet Potatoes are a great source of Vitamin A and potassium. Potassium helps to regulate your heart. Vitamin A supports the immune system and maintains a healthy vision.