



Spicy Roasted Sweet Potatoes

added by Carol White



Candied Sweet Potatoes is another family recipe that I needed to make healthier. I took away the sugar and butter that made up a heavy syrup. Instead I added agave nectar and olive oil in its place. Enjoy!



Cook time: 45 Min **Prep time:** 15 Min **Serves:** 4 - 6

Ingredients

- 2 1/2 lb sweet potatoes, peeled and cut into chunks
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp agave nectar
- 1 juice of 1 lime (about 1 tbsp)
- 4 clove garlic (minced)
- 1 Tbsp fresh grated ginger
- 1 tsp cinnamon
- 1 tsp chili powder
- 1 tsp nutmeg
- 1/2 c fresh scallions (chopped) for garnish

Directions

1. Preheat oven to 425 degrees. Spray cooking spray lightly on a large foil-lined baking sheet.
2. In a large bowl, combine olive oil, agave nectar, lime juice, garlic, fresh ginger and spices. Then add sweet potatoes and coat.
3. Pour sweet potatoes and seasonings on to roasting pan and spread them out into an even layer. Season with a little salt and pepper to taste.
4. Roast sweet potatoes in oven, stirring occasionally, for about 40 minutes or until they are golden brown, tender and caramelized. Remove from oven and place in serving dish. Garnish with fresh scallions.