



Roasted Rosemary Sweet Potatoes

Serves 4

A tasty source of the antioxidants Vitamin C and beta-carotene, which gives the potatoes their orange color.

2 large sweet potatoes, cut into 1-inch cubes
1 tablespoon olive oil
4-6 cloves peeled garlic, sliced in half
2 teaspoons dried rosemary, crushed
1/2 teaspoon salt

- Preheat oven to 375°.
- Put sweet potatoes in large baking pan.
- Sprinkle olive oil, salt and rosemary over sweet potatoes. Add garlic and mix until potatoes are well coated.
- Bake for 30-35 minutes. Stir potatoes every 10 minutes for even cooking.
- Remove from oven, cool about 10 minutes.

Enjoy!

Nutritional Information:

Calories: 119

Total Fat: 3.6g

Saturated fat: 0.5g

Carbohydrates: 20g

Dietary Fiber: 3.3g

Protein: 2.2g