

## Roast Sweet Potatoes

I eat these frequently for dinner with a large salad mixed with avocado. It is filling, satisfying and nutritious. I like it especially when I am tired and don't want to cook much.

2-4 servings

2 organic sweet potatoes

Olive oil

Celtic Sea Salt & fresh pepper

- Preheat oven to 425.
- Place a rimmed baking sheet in the oven for 5-10 minutes while you prepare the sweet potatoes, you want the pan to be very hot.
- Prepare the potatoes: If they are organic you can wash them thoroughly and leave the skin on. If not peel them.
- Cut the sweet potatoes into 2" chunks.
- In a large bowl toss sweet potatoes with just enough oil to coat.
- Sprinkle with salt and pepper
- Take the pans out of the oven
- Spread sweet potatoes in single layer on the hot baking sheet, being sure not to overcrowd.
- Bake until sweet potatoes are tender and golden brown, turning so they brown on both sides, about 30 minutes.

### **A few more things...**

*Add some additional spices:*

Mix together before sprinkling on potatoes

2 tsp ground coriander

2 tsp ground cumin

1 tsp ground fennel

½ tsp cayenne

or

Smoked Paprika sprinkled on and tossed with the oil makes a nice roasted flavor.