



ROASTED SWEET POTATO CUBES

These sweet potato cubes make for a savory-sweet side dish or snack. They are super easy to make; just prep the ingredients and let the oven do the work!

Yield: 4 servings

Ingredients:

- 4 medium sized **sweet potatoes**
- ¼ cup extra virgin **olive oil**
- **honey** (drizzle)
- 2 teaspoons of **cinnamon**
- **salt** and **pepper** (dash of each)

Instructions:

- 1) Preheat oven to 375° F.
- 2) Chop sweet potatoes into medium-sized cubes.
- 3) Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt, and pepper over the potatoes. Roast for 25 to 30 minutes or until tender, stirring the potatoes at the halfway point.
- 4) Take sweet potatoes out of the oven and transfer them to a serving platter. Serve warm.

Per Serving: Calories 148, Protein 2.1 g, Saturated Fat 0.5 g, Sodium 146mg, Fiber 4.7g, Sugars 5.7g

This recipe was adapted from <https://www.foodnetwork.com/recipes/tyler-florence/roasted-sweet-potatoes-with-honey-butter-recipe-1946538>

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