

Garlic Roasted Sweet Potatoes

4 servings • Category: Side Dish • Generated by Nutrifax

Ingredients

- 4 medium (12.7cm x 5.1cm dia) Sweet potato (raw)
- 2 tbsp Vegetable oil (olive)
- 4 clove Garlic (raw)
- 1/2 tsp Salt (table)
- 1/2 x 5 ml ground Spices (pepper, black)
- 1 x 10 sprigs Parsley (fresh)

Instructions

1. Preheat oven to 425°F (220°C). Line a large baking sheet with parchment paper.
2. Peel the sweet potatoes and cut into 2cm cubes.
3. Toss the cubes with olive oil, minced garlic, salt, and pepper in a large bowl until evenly coated.
4. Spread in a single layer on the baking sheet. Make sure pieces are not touching for best caramelization.
5. Roast for 25-30 minutes, flipping halfway through, until tender and caramelized at the edges.
6. Scatter fresh parsley over top and serve as a side dish.