

Sweet Potatoes, Spicy Roasted



Ingredients

6 medium sweet potatoes, washed and cubed 2 Tbsp dried parsley
4 cloves garlic, minced
6 Tbsp olive oil
1 Tbsp ground cumin
1/2 tsp salt
1/2 tsp black pepper

Instructions

Pre heat oven to 450 degrees. In a mixing bowl combine all ingredients and toss well. Place on a baking sheet. Bake for 20 minutes, mix the potatoes and bake another 10-15 minutes or until soft and golden brown.

Nutrition Information Per Serving

Serving Size: 1 cup

Serves 12

Calories: 119

Fat: 7 gm

Sodium: 140 mg

Fiber: 2 gm

Carbohydrates: 13 gm

Protein: 1 gm

Sugar: 3 gm