



## Sweet Potatoes, Spicy Roasted

Serves: 12- 1 cup

amount	unit	Ingredients:
6	each	medium sweet potatoes, washed and cubed
4	cloves	garlic, minced
6	Tbsp	olive oil
1	Tbsp	ground cumin
0.5	tsp	chili powder
0.5	tsp	salt
0.5	tsp	black pepper
2	Tbsp	dried parsley

Preheat 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.

Nutritional Information:

Calories: 119; Carbohydrates: 13g; Fiber: 2g; Sugars: 3g; Protein: 1.2g; Fat: 6.7g; Saturated Fat: <1g;  
Cholesterol: 0mg; Sodium: 140mg