

Nourish Program's Smoked Paprika and Herb Spiced Sweet Potatoes

Yield: about 4 servings

Serving size: about ½ cup

Amount:

1 lb.

2 Tbsp

2 tsp

1 tsp

½ tsp

Ingredients:

Sweet potatoes (~ 2 medium sweet potatoes), washed and unpeeled, cut into equal sized pieces

Canola oil

Smoked paprika (sweet)

Oregano, dried

Kosher salt

Method:

1. Preheat oven to 375°F (convection) and line a sheet pan with parchment paper
2. Add sweet potatoes to the bowl, pour canola oil over sweet potatoes, add seasoning and mix well
3. Spread seasoned sweet potatoes evenly on a sheet pan lined with parchment paper (do not over-crowd the pan)
4. Roast in oven for 25 -30 minutes, until crisp on the outside and tender on the inside

Helpful Tips:

- Substitute any fresh vegetable for sweet potatoes, adjust cook time if needed
- Don't have a convection oven? Set oven to 400°F and turn vegetables halfway through the cook time.
- Low sodium seasoning can be substituted in place of spices
- Ratio for roasting is 1lb of vegetables to 2 tbsp. of oil and 1 tbsp. of seasoning

Equipment Needs:

- Large mixing bowl
- Rubber spatula or wooden spoon
- 1 baking sheet
- Parchment paper
- Measuring spoons