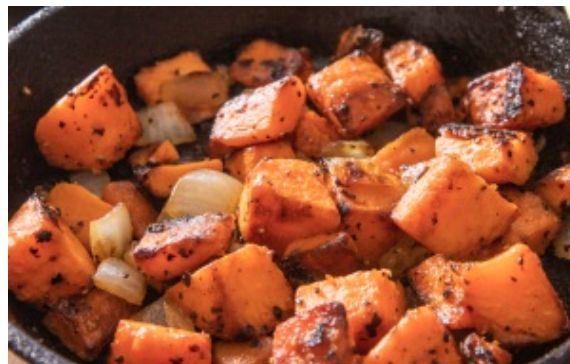




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Roasted Sweet Potato

By Donna Green Goodman, MPH

Ingredients

- 2 medium sweet potatoes, diced into bite-sized cubes
- 2 tablespoons margarine or coconut oil, melted
- 1 tablespoon natural sugar
- ¼ teaspoon ginger, oregano, thyme, cinnamon or Jamaican allspice or coriander
- Dash of salt

Instructions

1. Place diced sweet potatoes into an oven proof dish.
2. Mix seasonings into melted margarine or coconut oil.
3. Stir into sweet potatoes, coating them well.
4. Roast in 400° oven until desired tenderness.
5. Serve