

SWEET & SPICY ROASTED SWEET POTATOES

With a sweet & spicy caramelized coating, these roasted sweet potatoes make a great side dish and are also a great addition to salads, burritos, grain bowls, with eggs, and much more. Adjust the amount of cayenne to reflect your heat preference and store a bunch in the refrigerator to add to dishes all week!

INGREDIENTS

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| 2 medium sweet potatoes | 1/2 teaspoon ground cinnamon |
| 2 tablespoons olive oil | 1/2 teaspoon salt |
| 2 tablespoons honey or molasses | 1/4 teaspoon cayenne (more or less, to taste) |

DIRECTIONS

- Preheat oven to 425 degrees.
- Scrub sweet potatoes (no need to peel unless you'd prefer) and cut each in quarters lengthwise (smaller potatoes can be cut into half lengthwise). Slice that into 1/4" coins and place in a large bowl.
- In a small bowl, combine olive oil, molasses/honey, cinnamon, salt, and cayenne.
- Pour this mixture over the bowl of cut sweet potatoes and mix to coat well.
- Place sweet potatoes, in a single layer and each with a cut side down, on a parchment-lined baking sheet.
- Bake in the oven for 15-20 minutes or until browned and tender, flipping the potatoes halfway through cooking.
- Serve warm or store for later use.

