



## ROASTED AND SPICED SWEET POTATOES

SERVINGS: 4 | PREP TIME: 10 MINS | COOK TIME: 30 MINS

There should always be sweet potatoes on the table for Thanksgiving. The two go hand in hand! For a new twist - try your potatoes roasted and spiced with a tasty combination of all your favorite spices.

### INSTRUCTIONS:

1. Preheat oven to 425°F.
2. In a bowl, combine the olive oil, seasoning mixture, garlic, salt, and pepper, and add the sweet potatoes, coating with your hands.
3. Pour the sweet potatoes onto a rimmed baking sheet, and spread out so that nothing is overlapping. Roast for 15 minutes, flip, then roast for another 15-20 minutes.

### CRANK UP YOUR COOKING TIP:

*You want the sweet potatoes to be quite caramelized and tender. Don't worry about black edges as it enhances the flavor!*

### INGREDIENTS:

- 4 sweet potatoes, cut into 1 inch wedges
- 1 TBSP. made of equal parts mustard, paprika, celery seed, black pepper, ginger and allspice
- 1/4 cup olive oil
- 2 garlic cloves, minced
- 1 tsp. salt
- 1 tsp. pepper