
Roasted Sweet Potatoes Parmesan



Servings: 6

1. Heat oven to 400°F. Prepare a cookie sheet by lining with tin foil or parchment paper. Very lightly spray the tin foil or parchment paper to prevent any sticking. It's important to spray - the potatoes WILL stick.
2. Place cubed sweet potatoes into a bowl. Add in the remaining ingredients and stir together until all sweet potatoes are coated. Pour onto prepared cookie sheet and evenly spread out so potatoes are in a single layer.
3. Bake for 20-25 minutes (less if you cubed the potatoes smaller than 1") stirring the potatoes at least twice during cook time so that all sides can get crispy and roasted.
4. Serve warm and garnish with fresh chopped parsley.

3 cups sweet potatoes, peeled, cubed 1"

1 tablespoon butter, melted

2 tablespoons olive oil

2 teaspoons minced garlic

1/4 cup Parmigiano-Reggiano cheese, grated

1/2 teaspoon garlic salt

1 teaspoon Italian seasoning

Chopped parsley for garnish

Per Serving (excluding unknown items): 129 Calories; 7g

Fat (45.6% calories from fat); 1g Protein; 17g

Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 200mg

Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1

1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com