
Sweet Potatoes Roasted with Garlic & Rosemary

a Phillis Carey recipe, from a cooking class



Use orange-fleshed sweet potatoes/yams

2 pounds sweet potatoes, orange-fleshed yams,
and longer thinner rather than fatter shape

1/4 cup olive oil

1 tablespoon fresh garlic, minced

1 tablespoon rosemary, minced

1 teaspoon coarse salt

Servings: 6

1. Preheat oven to 425°.
2. Peel, then slice sweet potatoes across into 3/4 inch rounds. Toss them with olive oil, garlic, rosemary and salt.
3. Arrange yam slices in a single layer on a parchment-lined baking sheet. Roast for 25 minutes, or until well browned and tender.

Per Serving (excluding unknown items): 198 Calories; 9g Fat (42.1% calories from fat); 2g Protein; 27g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 328mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>