Simple Roasted Sweet Potato

Ingredients
3 – 4 medium sweet potatoes
2 tbsp olive oil
Salt and black pepper to taste

Alternative Seasoning:
1/2 tsp chili powder
1/2 tsp paprika
1/2 tsp ground cumin
1/2 tsp garlic powder

Directions
1. Preheat oven to 425 degrees F.
2. Peel the sweet potato and chop into ½ inch sized pieces.
3. Add the cubes to a large sheet pan.
4. Toss the cubes with oil and seasoning.
5. Cook sweet potatoes for around 30 minutes, tossing them every 10 minutes to prevent them from burning and to get an even cook and caramelization.

Add to: rice bowls, breakfast hash, tacos or simply eat it as a side dish.

Microwave cooking method:
1. Poke holes in the sweet potato with a fork.
2. Microwave for 6 minutes. If cooking more than one potato add 2 minutes for each additional potato.
3. Cut potato lengthwise and fluff with fork. Sprinkle salt and pepper and add butter on top.

Servings: 4
Total Time: 40 minutes