



FARMSTAND ROASTED SWEET POTATOES

Serves 6

Sweet potatoes are loaded with vitamin A and beta carotene and is considered one of the healthiest vegetables to eat.

4 pounds sweet potatoes *
¼ cup olive oil
1 teaspoon kosher salt *
¼ teaspoon cayenne pepper
¼ cup brown sugar

Preheat oven to 350 degrees.

Wash and peel the sweet potatoes. Cut them into 1-inch cubes. In a large bowl combine the sweet potatoes, olive oil, salt and cayenne pepper. Toss together until well coated.

Arrange the potatoes in a single layer on a baking sheet lined with parchment paper. Roast for 25- 30 minutes, or until the potatoes are tender. Remove the potatoes from the oven and sprinkle with the brown sugar while still hot. Return to the oven for 2 minutes. Transfer to a large serving dish and sprinkle extra brown sugar if desired.

From the files of JoAnn Relf

*Available at the Farmstand

