

Honey Cinnamon Roasted Sweet Potatoes



4-6 servings

Prep Time: 10 min Cook Time: 20-30 min

2 large sweet potatoes, peeled and cut into 1-
inch cubes

2 T. honey

2 T. olive oil

1 t. cinnamon

1/2 t. salt

1/4 t. black pepper

Preheat oven to 375 degrees.

Place the sweet potatoes in a large bowl. Add the honey, olive oil, cinnamon, salt and pepper and toss to coat the sweet potatoes.

Dump the sweet potatoes onto a baking sheet. Roast for 20-30 minutes, stirring halfway through. Sweet potatoes are done when they are tender and starting to brown in spots.

Nutrition Facts per serving

Calories 207 , Protein 2 g, Carbohydrate 36 g, Total Fat 7 g, Saturated Fat 1 g, Fiber 4 g, Sugar 14 g, Sodium 365 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.