

# Roasted Sweet Potato

## Ingredients

- 4 sweet potatoes
- 1/8 tsp kosher salt
- 3/4 tsp chili powder
- 1 tsp light brown sugar, packed
- 2 tsp honey
- 1/2 tsp sesame oil
- 1/2 tsp vegetable oil

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 142 calories, 1.23 g fat, 0.19 g saturated fat, 136 mg sodium, 31.49 g carbohydrate, 4.26 g fiber, 8.5 g sugar, 2.21 g protein

## Directions

1. Preheat oven to 350° F.
2. Peel sweet potatoes and dice them into large cubes.
3. In a large mixing bowl, add all ingredients and mix until the potatoes are covered with seasonings and oils.
4. Spread the potatoes in an even layer on a baking sheet lined with parchment paper.
5. Roast the potatoes for 30-45 minutes until they are tender but not mushy.

