

Healthy & Happy Diet & Fitness Food & Recipes

Oven-Roasted Sweet-Potato Wedges



Yield: serves 4 (serving size: 1 cup)

Good to Know

When you're frantically searching for healthy side dishes, remember that sweet potatoes are in season during November and December. Loaded with vitamin A, sweet potatoes pack more than double the fiber of regular potatoes.

Ingredients

3 small sweet potatoes (about 2 pounds)
1 1/2 tablespoons garlic-flavored olive oil
1/2 teaspoon dry mustard
2 teaspoons minced fresh rosemary
1/2 teaspoon salt

Preparation

Preheat oven to 450°.

Peel sweet potatoes; cut each potato lengthwise into 8 wedges. In a large bowl, combine sweet potatoes and remaining ingredients; toss well to coat.

Arrange potatoes in a single layer on a baking sheet. Bake potatoes at 450° for 30 minutes or until soft and lightly browned, turning wedges after the first 15 minutes. Serve immediately.

Nutrition Information

Calories per serving	189g
Calories per serving	25cal
Fat per serving	5g

Saturated fat per serving	0.7g
Monounsaturated fat per serving	3.7g
Polyunsaturated fat per serving	0.5g
Protein per serving	3g
Carbohydrates per serving	34g
Fiber per serving	4g
Cholesterol per serving	0.0mg
Iron per serving	1mg
Sodium per serving	307mg
Calcium per serving	41mg

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