

## Roasted Sweet Potatoes

*Taken from "A Year of the Best" written by The Best Of Bridge with Chef Vincent Parkinson.  
July 2001.*

3 Sweet Potatoes

1 Tbsp Olive Oil

1 Tbsp Brown Sugar

½ tsp chili powder

½ tsp salt

¼ tsp cayenne pepper

1. Preheat oven to 400 degrees. Peel and cut potatoes into wedges.
2. In a large bowl, toss potatoes with oil.
3. Mix sugar and seasonings together in separate bowl.
4. Sprinkle the seasoning mix onto the potatoes and stir until wedges are evenly coated.
5. Spread wedges on non-stick baking sheet, without overcrowding.
6. Roast potatoes for 30 minutes turning wedges every 10 minutes until tender and browned.

***Sweet potatoes are a good source of Vitamin A - which is a fat soluble vitamin essential for healthy eyes and skin.***



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