

## Roasted Sweet Potatoes

### You will need:

- A Large Bowl
- A Baking Sheet
- 2 Pounds of Sweet Potatoes\*\*
- Vegetable Oil
- Kosher Salt and Black Pepper
- Brown Sugar

### Directions:

Heat oven to 450 degrees and arrange the rack in the upper third of the oven. Scrub the potatoes and cut them into large, even pieces. Place potatoes in a bowl, coat with vegetable oil (about 1/2 cup). Add 2 pinches of salt, a generous pinch of pepper, and 2 generous pinches of brown sugar. Mix until all are evenly coated. Put the potatoes on the baking sheet and spread in an even layer. Place them in the oven.

Bake for about 30 minutes, stir occasionally until they are lightly browned and roasted.

*\*\*Sweet Potatoes are much more nutritious than yams.*