

Savory Sweet Potatoes

Courtesy of: www.thebetterhomelife.com

Ingredients:

4-6 Red Garnet Sweet Potatoes (or any variety)

2-3 Tablespoons Olive oil or Avocado oil

2-3 Tablespoons fresh thyme

Salt and fresh ground pepper to taste

Instructions:

Preheat the oven to 350 degrees F. Line a sheet pan with parchment paper. Peel and dice the sweet potatoes into 1/2 inch cubes. Toss the sweet potatoes with oil, Thyme, salt and pepper.

Spread the potatoes evenly on the sheet pan. Roast for 10 minutes, toss and flip the potatoes. Rotate the pan and continue to roast for another 10-12 minutes.