

EASY GLAZED SWEET POTATOES

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6

Nutrition (per serving)

Calories: 160.9

Total Fat: 5 g

Saturated Fat: 0 g

Sodium: 466 mg

Total Carbohydrate: 26 g

Dietary Fiber: 7 g

Total Sugars: 12 g

Protein: 2.4 g

PREP TIME: 10 min

COOK TIME: 25 min

TOTAL TIME: 35 min

Ingredients

2 lbs Sweet potatoes; Cubed

2 tablespoons Canola oil

1 tablespoon Brown sugar

1 teaspoon Salt

1/2 teaspoon Chili powder

1/2 teaspoon Onion powder

Ground black pepper, to taste

Directions

1. Wash sweet potatoes and preheat oven to 450°F.
2. Cut sweet potatoes into equal sized cubes; set aside.
3. Mix together all seasonings and spices into a little bowl; set aside.
4. Place sweet potato cubes on to a lined cookie sheet, drizzle canola oil and sprinkle seasoning blend evenly on top.
5. Bake for 25 minutes or until sweet potatoes are crispy on the outside and fully cooked.