

# Thyme-Roasted Sweet Potatoes

# EASY | RECIPE

- 2 pounds sweet potatoes, peeled\*
- 2 tbsp olive oil
- 1-2 tbsp fresh thyme leaves
- 1 tbsp fresh lime juice
- ½ tsp salt
- ¼ tsp red pepper flakes
- \*\*Use orange- or yellow-fleshed sweet potatoes; the orange are softer and a bit sweeter.

1. Preheat oven to 450°F.
2. Cut potatoes into chunks ¾-inch thick; dry with a paper towel to remove excess starch and moisture. Place in a mixing bowl.
3. Mix remaining ingredients, pour over potatoes and toss well. Transfer to baking sheet.
4. Bake potatoes for 15 minutes; turn and bake 10-15 minutes more, until potatoes are tender and edges brown.



**Serving suggestions:** Garnish with chopped walnuts or hazelnuts, or sprinkle with grated Parmesan cheese.

**Makes about 8, ½-cup servings. Per serving:**

116 calories | 12.4g protein | 3.5g total fat | .5g saturated fat | 0mg cholesterol | 20g carbohydrates | 6.5g sugar | 2.8g fiber | 179mg sodium

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