



Savory Sweet Potatoes



FoodHero.org

Ingredients



- 3 1/2 cups sweet potatoes, peeled and diced (2 medium)
- 1 Tbsp oil
- 1/2 tsp sugar
- 2 tsp Italian seasoning
- 1 tsp salt
- 1/4 tsp pepper

Yield: 2 1/2 cups
Serving Size: 1/2 cup



Directions



1. Preheat oven to 400 degrees. Line a baking sheet with foil.
2. Mix the sweet potato cubes with the oil, salt, sugar, Italian seasoning, and pepper so that each piece is coated.
3. Arrange cubes in a single layer on the baking sheet.
4. Bake for 10 minutes, stir or turn cubes, bake an additional 10 minutes or until tender and golden brown.
5. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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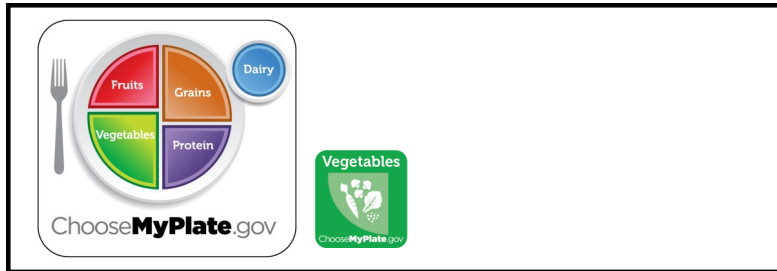
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Fast Facts



Featured Food Groups



Nutrition Facts



Amount Per Serving		% Daily Value*	
Calories	110	Calories from Fat	25
Total Fat 3g 5%			
Saturated Fat 0g 0%			
Trans Fat 0g			
Cholesterol 0mg 0%			
Sodium 520mg 22%			
Total Carbohydrate 19g 6%			
Dietary Fiber 3g 12%			
Sugars 4g			
Protein 1g			
Vitamin A 260%		Vitamin C 4%	
Calcium 2%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4 • Protein 4	

Cooking Tips



- No Italian seasoning? Use 1 tsp dried oregano, 1 tsp dried basil and 1/2 tsp garlic powder.

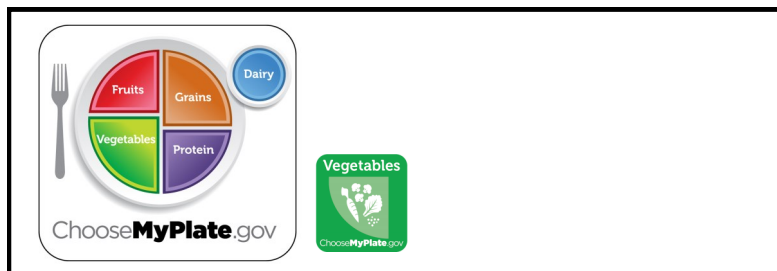
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