

Easy Roasted Sweet Potatoes



Author: Amy Palanjian Prep Time: 5 Cook Time: 22 Total Time: 27 minutes

Yield: Serves 4-6 1x Category: Side Dish Method: Roasting Cuisine: American

Description

Make this easy sweet potato recipe as a make-ahead lunch component or a simple side dish for [family dinner](#).

Ingredients

2 medium sweet potatoes

2 tablespoons [olive oil](#)

salt, optional

Instructions

- 1 Preheat the oven to 425 degrees F and coat a rimmed [baking sheet](#) with nonstick spray.
- 2 Peel the sweet potato. Slice into rounds.
- 3 Cut each round into three strips. Turn and slice across to make small squares.
- 4 Place the diced sweet potato onto the prepared [baking sheet](#) and toss with [olive oil](#).
- 5 Roast for 20-22 minutes or until soft when poked with a fork.
- 6 Serve with a little salt if desired.

Notes

- i I find that the garnet yams variety has the best flavor, but any orange flesh one will work.

- i Add salt to taste as you like. (You can omit it for babies or younger toddlers.)
- i You can serve these warm or at room temperature if in a packed lunch.
- i Serve with a dip such as Ketchup, Ranch, or any other sauce you kids like if desired.
- i Store leftovers in an [airtight container](#) for up to 5 days in the fridge.
- i If you leave the salt off, you can add 1/2 of the leftover sweet potatoes to any [smoothie](#) to add creaminess and nutrition.

nutrition facts

Serves 4

Calories Per Serving: **174**

		% DAILY VALUE
Total Fat 7.1g	9%	Saturated Fat 1g
Polyunsaturated Fat 0.8g		Monounsaturated Fat 5g 0%
Cholesterol 0mg	0%	Sodium 73.2mg 3%
Total Carbohydrate 26.8g	10%	Dietary Fiber 4g 14%
Sugars 5.6g		Protein 2.1g 4%
Vitamin A 943µg	105%	Vitamin C 3.2mg 4%
Calcium 39.9mg	3%	Iron 0.8mg 5%
Vitamin D 0µg	0%	

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