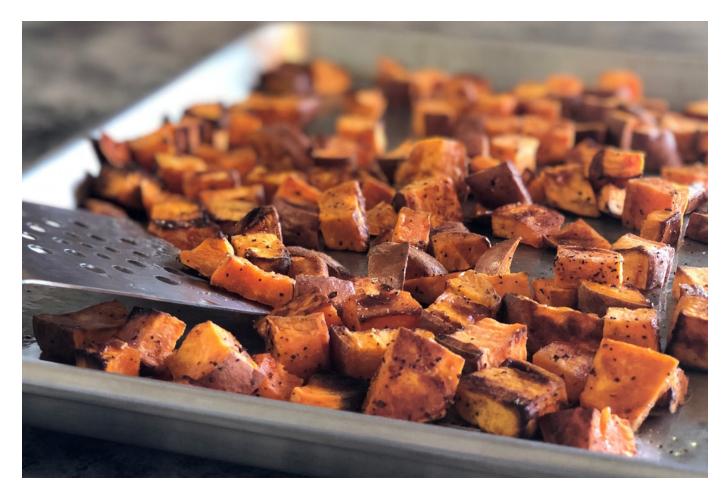
## **Sweet potato cubes**



## **About this recipe**

Time to make 40 minutes

# Ingredients

- 3 medium sweet potatoes
- 3 Tablespoons olive or canola oil
- Salt and pepper to taste

### **Directions**

- 1. Preheat oven to 425 degrees.
- 2. Rinse and peel sweet potatoes. Cut into 1/4 inch slices.
- 3. In a large bowl, toss potato slices with oil until coated.
- 4. Sprinkle with salt and pepper, if desired.
- 5. Bake at 425 degrees until tender and brown (about 20- 30 minutes), turn occasionally to brown evenly.

#### **CACFP Crediting Information:**

1/4 cup = 1/4 vegetable

### Tips and variations

- Don't overcrowd the pan with sweet potatoes.
- Use parchment paper or aluminum foil to make clean-up quicker.
- Try different seasonings such as 1/2 teaspoon paprika or 1/2 teaspoon garlic.

#### **Nutritional info**

Calories

116

Total fat

1 g

Saturated fat

0 a

Cholesterol

0 g

Sodium

36 mg

Total carbohydrates

13 g

Dietary fiber

2 g

**Protein** 

1 g

Total sugar

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