

## 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 g

Cholesterol

0 g

Sodium

36 mg

Total carbohydrates

13 g

Dietary fiber

2 g

Protein

1 g

Total sugar

3 g

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