



Roasted Sweet Potatoes

*Favorite Healthy Choice Recipe of Carley Johnston,
Detroit Red Wings in-arena host and reporter*

INGREDIENTS:

- 5 sweet potatoes (washed and chopped into cubes) - okay to leave skins on
- 3 Tbsp avocado oil
- Fresh thyme, parsley, rosemary or other favorite herbs and pumpkin seeds
- Pinch sea salt and pepper



DIRECTIONS:

1. Heat oven to 350 degrees.
2. In a large bowl, combine sweet potatoes, avocado oil, dried spices and seeds, salt and pepper.
3. Spread evenly on a large baking sheet and roast until soft and caramelized (40-60 minutes) – top with fresh herbs.

NUTRITION FACTS: Serves 8 | Calories 126

% Daily Value * | **Total Fat** 1.4g (2%), Saturated Fat 0.3g (2%) | **Cholesterol** 0mg (0%) | **Sodium** 10mg (0%) | **Total Carbohydrate** 27.1g (10%), Dietary Fiber 4.4g (16%), Total Sugars 0.5g | **Protein** 1.8g | Vitamin D 0mcg (0%) | Calcium 29mg (2%) | Iron 1mg (7%) | Potassium 800mg (17%)

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

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