

Herbed Sweet Potatoes

Packed with vitamin C, folate, beta carotene and fiber (not to mention phytochemicals), sweet potatoes are a splendid, nutritious alternative to potatoes.

- 2 lbs sweet potatoes, washed (not peeled) and cut into 1-inch cubes
- Sea salt
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh, minced rosemary (or 1 teaspoon dried)
- 1 tablespoon fresh, minced thyme (or 1 teaspoon dried)
- 2 medium cloves garlic, minced
- ½ - 1 teaspoon sea salt (or to taste)
- Freshly ground pepper, to taste

Preheat oven to 450° F. Bring a large pot of water to a boil and add a pinch of salt. Place sweet potatoes in boiling water and boil for ~ 3 – 4 minutes. You do not want to cook them all the way through. Strain in a colander, then place in a large bowl. Add olive oil, rosemary, thyme, garlic, salt and pepper. Toss gently. Cover a large baking sheet with parchment paper. Spread sweet potatoes on baking sheet, not overcrowding them. Cook for approximately 20-25 minutes, or until browned.