



Photo by: Oxmoor House

Chili-Roasted Sweet Potato Nuggets

Sweet potatoes are so good for you. They're an excellent source of vitamin B6, C, and D, and contain iron and magnesium. Dice them up and bake them at a really high temperature. The results are awesome!

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- **Yield:** Serves 7 (serving size: 1/2 cup)

Ingredients

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| 2 3/4 pounds sweet potatoes, peeled and cut into 1-inch pieces | 1 teaspoon chili powder |
| 2 tablespoons olive oil | 1/2 teaspoon kosher salt |
| 1 teaspoon light brown sugar | 1/4 teaspoon freshly ground black pepper |

Preparation

1. Preheat oven to 450°.
2. Place sweet potato on a 17 x 12-inch baking pan. Drizzle with oil; toss with a spatula until coated. Combine brown sugar and remaining ingredients in a small bowl. Sprinkle brown sugar mixture over potato, tossing to coat.
3. Bake at 450° for 20 minutes; turn with a spatula. Bake an additional 5 minutes or until tender.

Nutritional Information

Amount per serving

Calories 172 Calories from fat 0.0 % Fat 4.1 g Satfat 0.6 g Monofat 2.8 g Polyfat 0.5 g Protein 2.5 g
 Carbohydrate 32.3 g Fiber 4.5 g Cholesterol 0.0 mg Iron 1.3 mg Sodium 197 mg Calcium 49 mg

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