

Roasted Sweet Potatoes

Our first graders loved tasting roasted sweet potatoes with cinnamon. Although they are commonly thought to be a type of 'potato' (which are not true roots but actually a modified stem called a 'tuber') sweet potatoes *are* actually roots and are not related to potatoes at all. Aside from being super tasty, sweet potatoes are also very high in beta carotene, and Vitamins A & C.

Roasted Sweet Potatoes

- About 2 pounds orange sweet potatoes, peeled and cut into 1" cubes
- 1 TBSP olive oil
- 1 tsp salt
- 1/2 tsp cinnamon

Toss all ingredients in a large bowl. Spread in single layer on baking sheet with parchment paper. Roast at 425 for 15-20 minutes until slightly browned and soft inside. Happy Eating!