

Leaving the skin on the potatoes adds minerals and fiber.



Roasted sweet potato chunks

Ingredients:

- 3 small sweet potatoes
- ½ onion, sliced, with rings separated
- ½ teaspoon garlic powder (optional)
- ½ teaspoon salt
- ½ teaspoon pepper
- Pinch of nutmeg (optional)
- 2 Tablespoons olive or vegetable oil

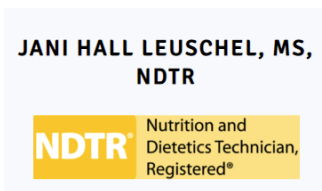
Instructions:

1. Wash hands thoroughly for 20 seconds
2. Heat oven to 375 F.
3. Scrub sweet potatoes under running water and cut out any dark spots or large eyes. Cut them into small chunks or cubes, leaving the skin on.
4. In a medium bowl, combine sweet potato chunks and onion. Toss with oil, garlic powder (if desired), salt, pepper, and nutmeg (optional).
5. Spread on a baking sheet and roast for 15 to 20 minutes, until soft.

✓ *Serves 4*

✓ *215 Calories per serving*

Recipes created or adapted by Jani H. Leuschel, MS, NDTR (Nutrition and Dietetic Technician, Certified) who blogs at [Food Hall by Jani](#), a website featuring recipes with nutrition bonuses.



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