

Oven-Roasted Sweet-Potato Wedges

From – www.health.com

3 small sweet potatoes (about 2 pounds)
1 ½ Tbsp garlic-flavored olive oil
½ tsp dry mustard (optional)
2 tsp minced fresh rosemary (optional)
½ tsp salt

- Preheat oven to 450°.
- Peel sweet potatoes; cut each potato lengthwise into 8 wedges.
- In a large bowl, combine sweet potatoes and remaining ingredients; toss well to coat.
- Arrange potatoes in a single layer on a baking sheet. Bake potatoes at 450° for 30 minutes or until soft and lightly browned, turning wedges after the first 15 minutes. Serve immediately.



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