

Roasted Sweet Potatoes

Source: Rachel Toon

Ingredients:

- 3 large sweet potatoes, chopped
- Avocado oil (or preferred oil)
- Salt
- Pepper

Directions:

1. Preheat oven to 400 degrees.
2. Coat baking pan with avocado oil.
3. Chop sweet potatoes into fourths or cube to smaller size.
4. Place sweet potatoes in baking pan and brush with a thick coat of avocado oil.
5. Sprinkle with salt and pepper to liking (I use approximately 1 teaspoons of salt over sweet potatoes and just a dusting of pepper. Typically I use a little more salt after cooked).
6. Mix up sweet potatoes to disperse salt, pepper and olive oil.
7. Cook for approximately 30 - 45 minutes, depending on how they were cut.

Note: You can use bacon grease instead of oil. It gives even a better taste, but not as healthy.