

# Oven Roasted Sweet Potatoes

simple recipe for sweet potatoes • brings out their natural sweetness • easy to make • by Laurie Neverman

## Ingredients

- 1 lb sweet potatoes, peeled and cubed  
(about 1 large sweet potato or 2 medium sweet potatoes)
- 1 tablespoons melted butter, coconut oil, or olive oil
- 1/2 teaspoon each of salt and pepper
- 1/2 teaspoon of cinnamon (optional)
- 1/4 teaspoon of nutmeg (optional)

## Instructions

1. Preheat your oven to 425°F (218°C).
2. Wash and peel your sweet potatoes. Cut them into bite-sized cubes, around 1/2 inch in size.
3. In a large mixing bowl, toss the sweet potato cubes with butter, salt, cinnamon, and nutmeg. Mix well to ensure the cubes are evenly coated with the seasoning.
4. Transfer the cubed sweet potatoes to a baking sheet lined with parchment paper or aluminum foil. Make sure the cubes are spread out in a single layer and not touching each other.
5. Place the baking sheet in the preheated oven and roast for 25-30 minutes, stirring and flipping every 10 minutes. Roast until the sweet potato cubes are golden brown and crispy on the outside and tender on the inside. You can check their doneness by piercing them with a fork – they should be soft and tender.
6. Once the sweet potato cubes are done, remove them from the oven and let them cool for a few minutes. Serve them hot as a side dish or snack.



## Notes

Store leftovers in an airtight container in the fridge for up to 3 days. Reheat them in the oven, toaster oven, or microwave before serving. (Or eat them cold like my oldest son.)

## Seasoning Ideas

Roasted sweet potato cubes are tasty, but adding the right seasoning blend can take them to the next level. Here are some seasoning blends that work well:

1. Cinnamon and nutmeg: A sprinkle of cinnamon and nutmeg gives a warm and cozy flavor that's perfect for fall or winter.
2. Rosemary and garlic: The savory combination of rosemary and garlic pairs well with the natural sweetness of sweet potatoes.
3. Paprika and cumin: The smoky and spicy flavor of this seasoning blend is perfect for Tex-Mex or Middle Eastern dishes.
4. Honey and thyme: Drizzling honey and sprinkling thyme over the roasted sweet potato cubes is a great sweet and savory combination.
5. Sage and brown sugar: This sweet and earthy seasoning blend is perfect for Thanksgiving or holiday meals.
6. Lemon and black pepper: The bright flavor of lemon combined with the kick of black pepper is perfect for summer dishes.
7. Garlic powder and chili powder: This flavor combination is a nice mix of savory and spicy with a hint of sweetness.