



Rosemary Parmesan Roasted Sweet Potatoes

Ingredients

2 large sweet potatoes
1/4 cup chopped fresh rosemary
1/8 cup low-fat parmesan cheese
2 tbsp olive oil
1 clove minced garlic
Salt and pepper to taste

Directions

1. Preheat the oven to 400 degrees F. Cut sweet potatoes into cubes.
2. Combine the rosemary, garlic, parmesan cheese, and olive oil in a Ziploc bag. Add sweet potatoes and toss to coat.
3. Place in a dish and bake for 20-25 minutes. Flip and then bake for another 20-25 minutes.
4. Remove from the oven and serve immediately.

Nutrition Facts

Serving size: 1 serving
Recipe yields: 2 servings
Calories: 281
Total Carbs: 27 g
Total Fat: 16 g
Protein: 9 g