

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Seasoned Sweet Potatoes

Ingredients

2 medium sweet potatoes

Paprika

Turmeric

Cumin

Garlic

Olive Oil

Salt

Pepper

Method

1. Preheat oven to 180 degrees C.
2. Wash and cut sweet potatoes into thick wedges
3. Place wedges into a large baking dish and pour a generous amount of olive oil over the cut vegetables.
4. In a large pinch bowl, sprinkle the desired amount (depending on personal taste) of paprika, turmeric, cumin, salt and pepper.
5. Add 1 tsp of crushed garlic paste into the baking dish and sprinkle seasoning mixture over sweet potatoes
6. Gently mix vegetables around in the garlic, spices and oil until evenly coated.
7. Place tray in the oven for 20 – 25 minutes or until the sweet potato is browned.
8. Serve with main course or as a snack dish.



Preparation Time: 10 minutes

Cooking Time: 25 minutes

Serves 4

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