

Description



This is one of my favorite ways to cook sweet potatoes. It's super simple and flavorful. I make a big batch at the beginning of the week so I can eat them all week long...they are an especially great pre-workout snack!

Ingredients:

- 2 large sweet potatoes, scrubbed
- 2 T. [The Olive Tap's 100% Extra Virgin Olive Oil](#) (your favorite) (I also love these with [The Olive Tap's Spicy Garlic Parmesan Olive Oil](#))
- 2 t. All Purpose No-Salt Seasoning
- 1 t. The Olive Tap's Himalayan Pink Sea Salt

Directions:

1. Preheat oven to 375 degrees.
2. Cut sweet potatoes in half, brush with extra virgin olive oil, and season with no salt seasoning and pink sea salt. I also like to drizzle a little EVOO over the roasting pan.
3. Place potatoes cut side down and roast in oven for 30-40 minutes depending on thickness and size of potatoes. Check for doneness.
4. Once removed from the oven, flip potatoes over and they will be nice and caramelized and crispy around the edges.
5. You can add an extra drizzle of olive oil for serving if you'd like.

Enjoy!

An Olive Tap Original Recipe by Melanie, Long Grove

Date

09/21/2024