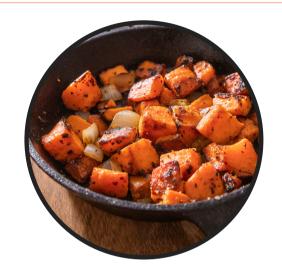


Recipe provided by:

Jenna Smith, MPH, RD
Nutrition & Wellness Educator
Serving McLean, Livingston, & Woodford Counties
go.illinois.edu/LMW

Rosemary Parmesan Sweet Potatoes



2 lbs. sweet potatoes, peeled and chopped into 1-inch cubes 1 ½ Tablespoons olive oil ½ teaspoon garlic powder 1/2 Tablespoon chopped rosemary 1/4 cup grated Parmesan cheese 1/4 teaspoon black pepper

Instructions: Preheat oven to 425°F. Place potatoes in a large mixing bowl. Drizzle with olive oil and stir until evenly coated. Sprinkle with garlic powder, rosemary, Parmesan cheese and pepper; toss until evenly coated. Pour onto a large, rimmed baking sheet. Bake in a single layer for 20-30 minutes or until potatoes are fork tender and lightly browned. Serve immediately.

Yield: 6 servings

Nutrition Facts (per serving): 180 calories, 4.5 grams fat, 140 milligrams sodium, 31 grams carbohydrate, 5 grams fiber, 3 grams protein