



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Jenna Smith, MPH, RD  
Nutrition & Wellness Educator  
Serving McLean, Livingston, & Woodford Counties  
[go.illinois.edu/LMW](http://go.illinois.edu/LMW)

# Rosemary Parmesan Sweet Potatoes



2 lbs. sweet potatoes, peeled and  
chopped into 1-inch cubes  
1 1/2 Tablespoons olive oil  
1/2 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