

Indian-Spiced Sweet Potatoes

Ingredients

2 large sweet potatoes, cut into 1 1/2" cubes
2 tablespoons ghee or butter, melted
1 teaspoon kosher or sea salt
1 teaspoon curry powder
1/2 teaspoon cinnamon
1/2 teaspoon cumin
1/2 teaspoon paprika
1/4 teaspoon turmeric
1/4 teaspoon ground cardamom
1/8 teaspoon cayenne, or to taste



Instructions

Preheat oven to 425 F.

Combine all of the ingredients in a large mixing bowl; toss until the potatoes are completely and evenly coated.

Spread the sweet potatoes evenly on a large, shallow, rimmed baking sheet and roast for 30 minutes or until the potatoes are crisp and golden brown, stirring every 10 minutes.

Serve immediately.

Nutrition (per serving): 112 calories, 6g total fat, 15.3mg cholesterol, 507.5mg sodium, 246mg potassium, 14.1g carbohydrates, 2.5g fiber, 2.8g sugar, 1.3g protein

Recipe by **Jan's Sushi Bar** at <http://www.janssushibar.com/indian-spiced-sweet-potatoes/>