

# PALEO / NICK



## *Rosemary Roasted Sweet Potatoes*

*Yields: 13-16C, 27F*

### Ingredient List:

- 4-5 Sweet Potatoes or Yams, skin on, cut in quarters then on a bias
- 3 Tablespoons Minced Garlic
- 1oz. Rosemary, pulled from twigs and minced finely
- Kosher Salt, to taste (approximately 3 large pinches)
- Black pepper, to taste (approximately 1.5 large pinches)
- 3 Tablespoons Olive Oil, or as necessary...

### Preparation Instructions:

1. Preheat oven to 350°F and line a half sheet pan with aluminum foil.
2. Combine all ingredients in a large mixing bowl and mix well/toss until potatoes are uniformly coated.
3. Pour seasoned potatoes onto the sheet pan and spread them out into a single layer.
4. Bake for 20 minutes and then remove from oven to turn over and add more olive oil if necessary.

5. Turn oven up to 400°F and return to oven for 20 additional minutes.
6. PALEO! They are done!
7. Enjoy with your friends and family. Eat them warm, cold, with a steak, with some ice cream, frozen as ice cubes in some sun tea, etc...
8. I promise you that your friends will appreciate you sharing, I also promise you that they won't last long... the potatoes, not your friends ☺

**“Keep It Paleo!”**

