



ONION-ROASTED SWEET POTATOES

Intermediate Lifestyle

Ingredients

2 (1 ounce) packages dry onion soup mix
2 pounds sweet potatoes, peeled and diced
1/3 cup extra-virgin olive oil

Instructions

1. Preheat oven to 450°.
2. In a large bowl, toss the dry onion soup mix, sweet potatoes and olive oil until the sweet potatoes are well coated.
3. Arrange the mixture on a large baking sheet. Bake in the preheated oven 40 to 50 minutes, or until the sweet potatoes are tender.

Portion-Per-Serving Information (Yields 8 servings)

1 serving = 1/2 cup (or 6 oz. on scale) = 1 G