



ONION-ROASTED SWEET POTATOES

Intermediate Lifestyle

INGREDIENTS

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

INSTRUCTIONS

—Preheat oven to 450°.

—In a large bowl, toss the dry onion soup mix, sweet potatoes and olive oil until the sweet potatoes are well coated.

—Arrange the mixture on a large baking sheet. Bake in preheated oven 40 to 50 minutes, or until the sweet potatoes are tender.

SERVING INFO: (Yields 8 servings)

1/2 cup (or 5 oz. on scale) = 1 G