



# Caramelized Sweet Potatoes

4-6 servings

## INGREDIENTS

- 4 - 6 medium sized sweet potatoes (about 5 inches long)
- 2 - 3 Tbsp olive oil, or butter
- Salt & pepper

## DIRECTIONS

- Heat oven to 400°F.
- Place whole sweet potatoes on a sheet pan.
- Roast for 30-40 minutes or until skins begin to pull away from flesh. Remove skins when cool enough to touch.
- Slice sweet potato into coins about 1 inch thick.
- Heat oil in a skillet over medium heat and place coins in a single layer. Cook for about 5 minutes on each side, until a dark, brownish layer of caramel forms. Add salt and pepper.



**Become a Recipe Tester and enter to win a \$100 gift card!**  
Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](https://vtfoodbank.org/vtfresh)  
This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



# Caramelized Sweet Potatoes

4-6 servings

## INGREDIENTS

- 4 - 6 medium sized sweet potatoes (about 5 inches long)
- 2 - 3 Tbsp olive oil, or butter
- Salt & pepper

## DIRECTIONS

- Heat oven to 400°F.
- Place whole sweet potatoes on a sheet pan.
- Roast for 30-40 minutes or until skins begin to pull away from flesh. Remove skins when cool enough to touch.
- Slice sweet potato into coins about 1 inch thick.
- Heat oil in a skillet over medium heat and place coins in a single layer. Cook for about 5 minutes on each side, until a dark, brownish layer of caramel forms. Add salt and pepper.



**Become a Recipe Tester and enter to win a \$100 gift card!**  
Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](https://vtfoodbank.org/vtfresh)  
This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.