



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.



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