



Simple Roasted Sweet Potatoes

Serves 4

3 medium size sweet potatoes, peeled and sliced about ¼" thick

2 tablespoons of olive oil

2 tablespoons fresh oregano, roughly chopped

Sea salt

Preheat oven to 350F. Line two baking trays with parchment paper.

Place the olive oil in a large bowl and toss the sweet potatoes until they are all well coated with the oil, season with sea salt (not too much salt, you can always add a bit more salt after they are cooked). Place the sweet potato slices in a single layer on the baking trays. Place the trays in the oven and after 15 minutes of cooking remove the trays, sprinkle with the fresh oregano and rotate the trays (place the one which was on top in the lower level and vice versa). Cook an additional 10 to 15 minutes, depending on the oven. Remove when the sweet potatoes are soft and starting to turn golden around the edges.

I think this is my favorite meal of all times. Super simple and truly delicious. A real comfort food.

Benefits

1. Sweet potatoes are rich in beta-carotene, this is what gives them their vibrant orange flesh. Beta-carotene is a very powerful antioxidant that can help improve your vision, fight inflammation and protect your skin.
2. High in vitamin C which protects you against free radicals
3. Excellent for your digestion due to its high fiber content.
4. Sweet potatoes are nutrient-dense, they digest slowly in your system keeping blood sugar stable and giving you a sense of satiety. They also provide you with long lasting energy.

Uses in the kitchen: baked, steamed, roasted, mashed.