

Roasted Sweet Potatoes and Onions

Items you need for this recipe:

- 2½ pounds sweet potatoes (4 to 5 medium-sized), washed and dried
- 2 medium red onions
- 1 to 2 tablespoons olive oil
- Salt
- Pepper

How to make this recipe

Preheat oven to 400 degrees. Cut sweet potatoes into chunks, about 2 x 2 inches. Cut onions into quarters (4 sections). Place sweet potatoes and onions in a baking dish. Rub with olive oil and season with salt and pepper. Bake on 400 degrees for 35 to 45 minutes or until tender.

Makes 4 to 6 servings.

Nutrition values for 1 serving (1 cup, cubed):

Calories: 168

Protein: 2 g

Carbohydrates: 30 g

Fat: 5 g

Sodium: 209 mg

Fiber: 4 g