

# Sweet Potato Wedges

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 4 organic sweet potatoes, sliced into wedges
- 1-2 tbsp extra-virgin olive oil\*
- 1/2 tsp coarse sea salt
- 1/2 tsp ground black pepper
- 1 tbsp dried rosemary

## Instructions:

1. Preheat oven to 350F degrees. In a large bowl, drizzle the oil on to the wedges. Add the seasoning and make sure the wedges are evenly coated. Cover a cookie sheet with parchment paper and spread wedges evenly on to cookie sheet. Bake for 20-25 minutes or until wedges are fork tender.
2. Serves 4

## Notes:

\*You've likely heard that olive oil should not be heated. This is not always the case and depends on the quality of the oil. Be sure to purchase high quality, certified organic olive oil. This is because olive oil that is high quality will also be an excellent source of antioxidants. It is these antioxidants that prevent the oil from oxidizing when heated.