



Roasted Sweet Potato with Feta & Honey

4 servings

30 minutes

Ingredients

3 Sweet Potato (medium, sliced into rounds)

1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

2 tps Honey

1/3 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	157
Fat	6g
Carbs	23g
Fiber	3g
Sugar	7g
Protein	3g
Cholesterol	11mg
Sodium	196mg
Potassium	336mg
Vitamin A	13885IU
Vitamin C	2mg
Calcium	91mg
Iron	1mg

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Place the sweet potatoes on a large baking sheet. Toss with the oil, and season with salt and pepper. Cook in the oven for 22 to 25 minutes until cooked through, flipping halfway.
- 3 Transfer the sweet potatoes to a serving dish. Drizzle with honey and scatter the feta over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups of sweet potato.

More Flavor: Season the sweet potato with spices such as cinnamon, cumin, smoked paprika, or garlic powder.

Additional Toppings: Chives or parsley.