

# Spicy Roasted Sweet Potatoes



- 3 Tablespoons Vegetable oil – look for the heart healthy ones
- 2 large sweet potatoes
- 1 teaspoon seasoned salt
- 1 teaspoon chili powder
- 1 teaspoon paprika
- ½ teaspoon curry powder
- Dash of ground cayenne pepper

Peel and cut sweet potatoes into fry shapes (wedges).

In large bowl, make a slurry vegetable oil, seasoned salt, chili powder, paprika, curry powder, cayenne pepper & salt and black pepper to taste.

Add potato wedges and mix to coat well. Dump out onto parchment lined baking sheet and spread out evenly.

Bake at 425 degrees for 30 - 40 minutes until tender all through. I like them well browned, but you can take them out any time after they are tender.

Enjoy!