

# Caramelized Sweet Potatoes

2 large sweet potatoes, unpeeled

olive oil

2 teaspoons dried thyme

2 teaspoons dried rosemary

2 teaspoons onion powder

2 teaspoons garlic powder

1-2 teaspoons salt

Directions:

Preheat the oven to 400 F/200 C.

Scrub sweet potatoes well and cut lengthwise in half, trimming ends. Take a rimmed baking sheet and cover with parchment paper. Right on parchment paper drizzle olive oil and sprinkle half the spices. Take the halved sweet potatoes, cut side down and swirl in mixture till bottoms are coated. Leave cut side down. Drizzle more oil and the other half of the spices on top of sweet potatoes and rub into skin. Place in hot oven and roast between 40 minutes till an hour or till caramelized on cut sides and tender when pierced with wooden toothpick. Serve hot.