

Savory Double Honey Sweet Potatoes

4 large sweet potatoes unpeeled, scrubbed and sliced into wedges

1 small onion, peeled, chopped

2 tablespoons vegetable oil for onion, 2 tablespoons oil to sprinkle on sweet potatoes

1 teaspoon salt

3 tablespoons Silan or date honey

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Directions:

Preheat oven to 400 F/200 C. Toss sweet potatoes with oil and sprinkle salt on top. Place in one layer on parchment paper lined baking tray. Roast uncovered for 30-35 minutes (they may be fully cooked, check with wooden toothpick). Remove from oven and drizzle silan and honey on sweet potatoes and distribute sautéed onions on top. Continue cooking uncovered for 5-10 minutes more. Check a few wedges for doneness. They should be a beautiful deep golden color.