

## Spiced Sweet Potato Wedges

*Courtesy of -Diabetic Living Magazine*



**Makes:** 4 servings 4 wedges

### **Ingredients:**

- 2 sweet potatoes, scrubbed (20 ounces)
- 1 tablespoon olive oil
- 1 teaspoon packed brown sugar (see Tips)
- ¼ teaspoon kosher salt
- ¼ teaspoon smoked paprika
- ¼ teaspoon black pepper
- ¼ teaspoon pumpkin pie spice
- ¼ teaspoon hot chili powder

### **Preparation:**

1. Preheat oven to 425°F. Place a baking sheet in the oven to preheat.
2. Cut each sweet potato lengthwise into 8 wedges (16 wedges total). In a large bowl drizzle sweet potato wedges with olive oil; toss until coated. In a small bowl stir together brown sugar, kosher salt, smoked paprika, pepper, pumpkin pie spice, and chili powder. Sprinkle spice mixture over sweet potatoes; toss to coat.
3. Arrange wedges in a single layer on the hot baking sheet. Roast 25 to 30 minutes or until tender and browned, turning wedges once halfway through roasting time.

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**Nutrition Per serving: 124 calories; 3 g fat, 22 g carbs, 2 g protein, 184 mg sodium**