



Ashley's Meal Prep Monday!



Sweet Potatoes

INGREDIENTS

Sometimes I just need an easy meal prep day and this is definitely a no muss no fuss kind of recipe.

Sweet potatoes
Salt
Pepper
Coconut/Avocado
Oil

Preheat the oven to 375. Wash and pat dry your sweet potatoes. Slice them in half length wise. Add parchment paper to a baking sheet and spray it down with oil. Sprinkle salt and pepper on the oil. Place the cut side down and move around on the oil and spices - do this with each sweet potato halve. Spritz the peel side with more oil and salt/pepper.



Place in the oven for 45-50 minutes. Once done, let them rest for about 15-20 minutes on the sheet. When you pick one up, the side that's face down will be glazed/caramelized and will be absolutely delicious. These are a perfect side item to go with any main dish.

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MARKET