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| PERFECT ROASTED SWEET POTATOES  |
| **With Flavored Variations** |
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 2 Servings  25 minutes

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| INGREDIENTS | DIRECTIONS |
| 2 pounds sweet potatoes, cut into wedges2 tablespoons of olive oil 1 teaspoon of salt1/2 teaspoon of black pepperYour choice of seasonings (e.g., 1 teaspoon of garlicpowder, 1 teaspoon of dried oregano, 1/2 teaspoon of smoked paprika) | 1. Preheat oven to 400°F (200°C).2. Toss sweet potato wedges with olive oil, salt, pepper, and your chosen seasonings.3. Spread the sweet potatoes on a baking sheet in a single layer.4. Roast for 20-25 minutes, or until tender and golden brown.5. Flip the sweet potatoes halfway through roasting for even cooking. |

## **TIPS**

* Cut wedges uniformly for even cooking. Leave some rough edges if you prefer crispier bites.
* Use fresh herbs for a flavor punch, spices for heat, and a mix of agave or maple syrup with balsamic for a sweet and savory combination.
* Preheat the oven, and avoid crowding the pan. Flip halfway through for even browning.
* Drizzle with flavored oil, top with creamy sauce or chopped nuts for extra awesomeness.

## **GENERAL NOTE**

Roasted sweet potatoes make for a delightful and uncomplicated side dish. They can be enhanced with various flavorings such as garlic-herb, smoky- paprika, or curry-powder blends.

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| CREAMY MASHED SWEET POTATOES  |
| **With Different Flavor Profiles** |
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 4 Servings  35 minutes

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| INGREDIENTS | DIRECTIONS |
| 2 pounds sweet potatoes, peeled and chopped1/2 cup of vegan vegetable broth 2 tablespoons of vegan butter 1/4 cup of vegan sour cream (optional)Salt and pepper to tasteYour choice of flavorings (e.g., 1 roasted garlic clove, 1/2 teaspoon of chipotle powder, 1 teaspoon of lime juice, 1/4 cup of maple syrup,1/2 teaspoon of cinnamon) | 1. Boil sweet potatoes in the vegan vegetable broth until tender.2. Drain the potatoes, reserving some of the cooking liquid.3. Mash the sweet potatoes with vegan butter, vegan sour cream (if using), and your chosen flavorings.4. Add reserved cooking liquid as needed to reach desired consistency.5. Season with salt and pepper to taste. |

## **TIPS**

* While the potatoes boil, roast garlic cloves wrapped in foil for a smoky, “chipotle-like” flavor, eliminating the need for extra chipotle powder.
* If you're short on time, scrub the sweet potatoes clean instead of peeling. The skin adds nutrients and can be easily mashed in with the flesh.
* Mash the roasted garlic cloves directly with the sweet potatoes for intense garlic flavor.
* A squeeze of fresh lime juice brightens the chipotle lime flavor profile.
* Start with a smaller amount of maple syrup and add more to taste for a perfectly balanced sweet potato mash.
* Fresh herbs: Chopped fresh herbs like rosemary or thyme add a delightful aromatic touch to any flavor profile.

## **GENERAL NOTE**

## Mashed sweet potatoes are a delicious and healthy comfort food. You can add different flavorings, such as roasted garlic, chipotle lime, or even maple syrup and cinnamon for a sweeter twist.