**Sweet and Spicy Sweet Potatoes**

**INGREDIENTS**
- 3 large sweet potatoes, cut into 1/2 inch pieces
- 3 TBSP canola oil or unsalted butter
- 1 TBSP honey or brown sugar
- 1/2 tsp. chili powder
- 2 tsp. pumpkin spice

**INSTRUCTIONS**

Preheat oven to 425 degrees.

Mix potatoes with oil OR butter and honey OR brown sugar.

Add spices and toss together to coat all potatoes.

Pour onto a lined or oiled baking sheet or roasting pan. Bake for 15 minutes, then stir. Bake for another 15-20 minutes until potatoes are tender.

**SERVING SIZE:**

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Sweet potatoes are a great source of beta carotene, selenium, and Vitamin C, which are all powerful antioxidants. They are also rich in potassium, which is helpful for good blood pressure and healthy muscle movement. They also contain a good source of fiber, which aids in good digestion and lowering cholesterol. They are a great alternative to white pasta, rice, or potatoes because they pack so many more nutrients than those white starches.

Many spices used in this recipe are considered to have anti-inflammatory and immune-boosting benefits, especially important with the winter coming. Try adding spicy, sweet, or plain walnuts or pecans to this dish for an extra twist and a good source of omega 3 fatty acids.