A logo with green and blue leaves

Description automatically generated

Blackened Sweet Potatoes

Ingredients

1 Tbl Paprika

½ tsp cumin

½ tsp oregano

½ tsp garlic

¼ tsp coriander

¼ tsp black pepper

1/8 tsp cayenne pepper

1-2 Tbls avocado Oil

4 organic sweet potatoes (med-med/large), cut into chunks (1 – 2 inch)

Directions

Toss sweet potatoes with avocado oil and half the blackened seasoning. Bake for 20 minutes on 400 degrees. Remove pan, flip potatoes, sprinkle with the rest of the seasoning and bake for an additional 20 minutes.

Option

When you flip the potatoes, make a space on the roasting pan, place a couple of pieces of white fish and sprinkle with blackening seasoning. This will make this a one pan dish.