



Roasted Cinnamon Sweet Potato Cubes

Instead of a sweet potato mash, try these roasted cubes instead. They are sweet and a perfect addition to pair with fish or chicken and other roasted veggies. They freeze well, so feel free to double or triple the batch and store in individual-sized portions.

Prep: 10 minutes • Total: 30 minutes

Ingredients:

Sweet potato, cubed	4 cups	1 L
Olive oil	1 Tbsp	15 mL
Cinnamon	1 tsp	5 mL
Salt	1/8 tsp	0.5 mL

Directions:

1. Preheat oven to 400 degrees F.
2. In a large bowl, toss the sweet potato, oil, cinnamon and salt together.
3. Evenly spread the sweet potatoes out onto a large baking sheet.
4. Bake for 20 minutes, stirring the cubes once at the 10-minute mark.
5. Serve immediately or freeze in individual portions in air-tight containers.

Nutrition Facts

Serving Size (204g)		Servings Per Container	
Amount Per Serving			
Calories 210		Calories from Fat 35	
% Daily Value*			
Total Fat 3.5g			5%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 150mg			6%
Total Carbohydrate 42g			14%
Dietary Fiber 7g			28%
Sugars 17g			
Protein 4g			
Vitamin A --%		•	Vitamin C 70%
Calcium 8%		•	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Makes 4 servings (204 g / serving) • 1 serving = 1 cup

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