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## ROASTED SWEET POTATOES

Intermediate Lifestyle

### Ingredients

3 sweet potatoes, peeled and sliced 1/3" thick  
1 TBS olive oil  
kosher salt to taste

### Instructions

1. Preheat the oven to 450°.
2. Spread the sweet potato slices out on a baking sheet. Brush them with olive oil and sprinkle with salt.
3. Roast the sweet potato slices on the top rack of the oven until they are tender, about 15 minutes.

**Portion-Per-Serving Information:** (Yields 6 servings)

Serving = ½ sweet potato\* = 1 G

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\*Note: After you cut the first sweet potato in half, see how many slices you get from that half. You'll then know how many slices to serve yourself.