

Spicy Sweet Potatoes

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These potatoes and the fish can be roasted at the same time, using the upper and lower thirds of the oven.

Yield: Serves 4

Active Time: 15 min

Total Time: 30 min

ingredients

2 small sweet potatoes (3/4 pound total)

1 teaspoon olive oil

1/2 teaspoon salt

1/8 teaspoon freshly ground black pepper

1/8 teaspoon cayenne

1/8 teaspoon ground allspice

preparation

Preheat oven to 500°F.

Peel potatoes and halve lengthwise, then cut each half lengthwise into 4 wedges. Transfer to a shallow baking pan and toss with oil to coat. Combine salt and spices and sprinkle over potatoes.

Roast potatoes in lower third of oven, turning over halfway through roasting, until tender and browned, 15 to 20 minutes total.

nutritional information

Each serving about 78 calories and 1 gram fat.

Nutritional analysis provided by Gourmet