

Healthy Roast Potatoes

2 lbs sweet potatoes or golden potatoes
1 whole bulb of garlic
1 handfull of rosemary or other favorite herb or herbs
sea salt
fresh ground black pepper
Extra Virgin Olive oil

Optional: Cajun seasoning

Preheat oven to 375. Wedge cut the potatoes into 8 sections per potato. Place them in a bowl. Smash or press garlic with a zyliss press. Add to the potato mix. Drizzle some olive oil over the potatoes. Mix with a spoon. Sprinkle herbs, salt and pepper over the potatoes and mix again. (optionally, sprinkle Cajun seasoning over the potatoes) Place tin foil over a cookie sheet. Spread potatoes out over the tin foil and place in oven. Cook until golden brown.

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