

Herbed Carmelized Sweet Potatoes

If you have never been a sweet potato fan, here is the recipe to change your mind. And if you already have a fondness for this tuber, you are really in for a treat. This recipe has all of my favorite elements: a short ingredient list, herbs to enhance flavor and a hands-off cooking method. So here you are, with my compliments.

Ingredients

- $\frac{1}{2}$ cup olive oil
- Herbes de Provence
- Sea salt
- Fresh sprigs of rosemary
- 2 large or 3 medium orange-fleshed, Garnet or Jewel sweet potatoes, scrubbed and cut into 1.5-inch cubes

Directions

Heat oven to 450 degrees F. Put potato chunks in a large bowl, season generously with salt and toss to coat. Leave for a few minutes to let potatoes absorb the salt. Then add herbs and olive oil, tossing to coat well (be sure not to skimp on the oil as it can be strained and saved after cooking for future use). Allow to set 15 minutes while prepping a salad or other dish to accompany the potatoes.

Transfer potatoes and oil to a large cast-iron skillet or heavy roasting pan. Keep to a single layer, using two pans if necessary to avoid crowding. Be sure there is oil in the bottom of each pan.

Place pans in oven and roast 15 minutes, until potato chunks are well browned on the bottom. With a metal spatula,

carefully turn chunks over. Reduce heat to 400 degrees, and continue roasting until potatoes are well browned and the inside is tender (about another 15 to 20 minutes).

Because I am a sauce fan, I had planned to serve these with this vegan aioli, but they needed nothing extra. Absolutely divine all on their own!