

EVERYTHING

Herbal

by Cheryl Jabz

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Fenugreek Sweet Potato Wedges



BENEFITS:

Rich in fiber and vitamin A.
Sweet potatoes balance
fenugreek's slightly bitter notes.



INGREDIENTS

- ✓ 2 large sweet potatoes, cut into wedges
- ✓ 1 tbsp olive oil
- ✓ 1/4 tsp ground fenugreek
- ✓ 1/2 tsp paprika
- ✓ 1/2 tsp garlic powder
- ✓ Salt and pepper

INSTRUCTIONS

- 1 Preheat oven to 425°F (220°C).
- 2 Toss sweet potatoes with oil and seasonings.
- 3 Arrange in a single layer on a baking sheet.
- 4 Bake 25–30 minutes, turning once.



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