

Roast Sweet Potatoes

Serves 4 to 6

Adapted from Cook's Illustrated

- 3 pounds sweet potatoes, peeled and cut into 3/4-inch-thick rounds
- Olive oil
- Salt and Pepper

Prep— Peel and slice potatoes. Toss with oil, salt, and pepper. Line a baking sheet with foil. Spray GENEROUSLY with cooking spray. Arrange potatoes in a single layer and cover tightly with foil (ideally that has also been sprayed with oil. You don't want the potatoes to stick.

1:15 before mealtime – Put in COLD oven. Turn oven to 425. Set timer for 30 minutes.

45 minutes before mealtime – After potatoes have been in oven for 30 minutes, carefully remove the foil and cook another 20 minutes (or until bottom edges are golden brown).

25 minutes before mealtime – carefully flip potatoes, then continue cooking about 20 minutes.

5 minutes before mealtime – Remove from oven and allow to cool for ~5 minutes before serving.