

# HONEY-ROASTED SWEET POTATOES WITH HONEY-CINNAMON DIP

**Yield:** 2 large potatoes, serves 2 generously or 4 modestly

**Prep Time:** 10 minutes

**Cook Time:** about 40 to 45 minutes, or until tender and done

**Total Time:** about 1 hour

## Sweet Potatoes

2 large or 3 medium/large sweet potatoes (technically I used red yams), washed, peeled, and trimmed into 1-inch chunks

3 to 4 tablespoons honey

3 to 4 tablespoons coconut oil in liquid state (or another oil, i.e. olive, vegetable, canola)

1 tablespoon cinnamon, or to taste

pinch salt and pepper, optional and to taste

pumpkin pie spice, nutmeg, ginger, allspice; all optional and to taste



## Creamy Honey-Cinnamon Dip

heaping 1/3 cup plain or vanilla Greek yogurt or sour cream (light versions okay)

2 to 3 tablespoons honey

1 teaspoon cinnamon, or to taste

1. Preheat oven to 400F. Line a baking sheet with a [Silpat](#) or spray with cooking spray; set aside.
2. **Sweet Potatoes** - Slice potatoes into 1-inch chunks and put into a gallon-sized Ziplock.
3. Open bag and add honey, oil, cinnamon, optional salt and pepper to taste, optional seasonings to taste, seal bag, and toss potatoes to coat. Really manipulate the potatoes around inside the bag, pushing the ones on the top to the bottom and vice versa, to equally distribute the honey, oil, and spices.
4. Using your hands, transfer potatoes to baking tray, arranged in a single flat layer and not touching, if possible. Tip - Don't dump potatoes from bag onto baking tray because excess marinade will get onto baking tray and it will be prone to burning. Save any remaining marinade in Ziplock bag to be added halfway through baking.
5. Bake for about 20 to 25 minutes, remove from oven, and flip potatoes over using tongs.
6. If desired and if there's extra marinade, lightly and evenly drizzle potatoes with what remains from Ziplock bag.
7. Return tray to oven and bake for about 15 to 20 more minutes, or until fork-tender and done. Keep a close eye on potatoes in the final moments of baking so they don't burn. Baking times will vary based on oven variances, the potatoes and how thick they're cut, how full the tray is, and how well done you like them. Optionally (but recommended) serve potatoes with dip or your favorite condiments as soon as they're cool enough to eat. While potatoes finish baking, make the dip.
8. **Creamy Honey-Cinnamon Dip** - Add all dip ingredients to a small bowl and whisk until smooth and combined. Transfer to ramekin if desired for serving. Dip will keep airtight in the fridge for up to 1 week.