

# SWEET POTATO WEDGES



Prep and cook time: 35 minutes

## Ingredients

- 2 large sweet potatoes, cut into wedges
- olive oil spray
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon rosemary or thyme, finely chopped (optional)

Lunchbox tip: Add cooled sweet potato wedges to the lunchbox with hummus or avocado and bean dip.

## Method

1. Preheat oven to 180°C. Line baking tray with baking paper.
2. Place sweet potato wedges on baking tray.
3. Lightly spray wedges with olive oil spray.
4. Sprinkle with salt, pepper and fresh herbs.
5. Bake for 30 minutes or until cooking through and brown.

