

Baked Sweet Potatoes and Yam Wedges



Recipe Courtesy Chef Bryan Woolley

2 yams, peeled and cut into wedges
2 sweet potatoes, peeled and cut into wedges
2 tbsp Italian style herb blend
2 tbsp extra virgin olive oil
Salt and pepper to taste.

1. Place ingredients into a large bowl. Toss to coat potatoes with olive oil. Salt and pepper to taste.
2. Place wedges onto a parchment lined baking sheet and place in a preheated 425 degree oven for about 30 minutes or until tender.
3. Serve and Enjoy. Serves 8 people.

Nutrition Facts

Serving Size: 3-4 wedges

Calories	120
Total Fat	4g
Saturated Fat	1g
Cholesterol	0mg
Sodium	165mg
Carbohydrate	21g
Dietary Fiber	3g
Protein	2g