

Starters, Sides, and Complements

Cinnamon Spiced Sweet Potatoes

**Vegetarian, Gluten-Free*

Sweet potatoes are a fantastic base lending themselves to all sorts of creations! Try this easy and tasty way to make sweet potatoes and let them complement a variety of your meals.

You'll Need

- Aluminum foil
- 1 sweet potato (if needed, use more)
- 3 tablespoons butter (1 tablespoon per serving)
- Salt and pepper
- 1 Cinnamon Stick
- Drizzle of white wine vinegar



Directions

- Preheat oven to 425.
- Take enough aluminum foil so that you can create a packet for sweet potatoes to fit into.
- Wash sweet potato and then cut into cubes. Place in middle of foil. Add butter (1 tablespoon per serving), salt, pepper, and cinnamon stick. Add a dash of white wine vinegar.
- Close foil packet so that all sides are closed. Place in a baking dish and cook at 425 for 40 minutes.

Play with Your Food

- Add a tiny bit of brown sugar.
- Add a pinch of nutmeg

Medwell Kitchen Tested