



Roasted Sweet Potatoes and Carrots

2 large sweet potatoes
1 small bag baby carrots
2 tablespoons fresh garlic minced
1/4 teaspoon salt and pepper
Olive oil spritzer

Preheat oven to 400 degrees

- 1) Line cookie sheet with parchment paper
- 2) Wash and scrub well the sweet potatoes.
- 3) Cut into thin French fry strips or circles
- 4) Place on cookie sheet add the carrots and sweet potatoes.
- 5) Lightly spray with olive oil
- 6) Sprinkle with salt and pepper.
- 7) Roast for 20 minutes.

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