

Roasted Sweet Potatoes

Serving Size: one 5inch potato
Serves: 4

Ingredients

4 medium sweet potatoes, quartered lengthwise
ground black pepper to taste
pinch of salt

Directions

1. Sprinkle a little salt and pepper on each sweet potato quarter.
2. Wrap each sweet potato quarter in heavy foil and seal the ends.
3. Cook on the grill for 25 minutes or until fork tender.

Exchanges per serving:

2 starches

Nutrients per serving:

Calories: 112

Calories from fat: 0

Total Fat: 0g

Cholesterol: 0mg

Sodium: 120mg

Total Carbohydrate: 26g

Dietary Fiber: 4g

Protein: 2g