



# BETH WARREN

## NUTRITION

### Spicy Japanese Sweet Potato

Spicy Japanese Sweet Potato recipe perfect for a starchy plantbased veggie.

#### INGREDIENTS

4 medium Japanese sweet potatoes, cut in wedges  
3 tablespoons avocado oil  
1 tablespoon paprika  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/4 teaspoon cayenne pepper  
1 tablespoon kosher salt  
1/2 teaspoon black pepper

#### INSTRUCTIONS

Preheat the oven to 400 degrees F.  
Combine the paprika, onion powder, garlic powder, cayenne pepper, salt and black pepper.  
Brush all sides of potato with seasoning and place in single layer on baking sheet lined with parchment paper.  
Bake 30 minutes, turning once in middle for even crispness.