



Ingredients

- ✓ 4 small or medium sweet potatoes (8 to 10 ounces each), scrubbed then halved lengthwise

- ✓ 2 tablespoons olive oil

- ✓ Salt as desired

Roasted Sweet Potatoes

How about something wicked easy, delicious, hearty, and good for you this month? This treasure from The New York Times Cooking app is my new favorite recipe. There are three tricks that you don't want to miss—get smaller potatoes, which will be less starchy than larger ones; put them in a cold oven, not preheated, for extra sweetness; and do not skip the last step of popping the potatoes face down in a skillet for a few minutes to get that extra crunchy caramelization. It makes all the difference.

Directions

1. Line a sheet pan with parchment or foil. On the sheet pan, toss the sweet potatoes with oil and a generous pinch of salt.
2. Arrange cut-sides down, place on the middle rack of the oven, and then heat the oven to 425 degrees.
3. Roast, without flipping, until the cut sides are sticky and a knife inserted slides through easily, 30 to 45 minutes. Caramelization on the cut sides will vary depending on your oven and type of sweet potatoes
4. To brown further, warm a drizzle of olive oil in a skillet over medium heat and add the potatoes cut-sides down. Sear until as browned as you'd like.
5. Top with loads of butter, or eat plain—the cold oven kept them at just the right temp to gain extra sweetness.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.