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Spiced Carrots and Sweet Potatoes

Recipe adapted from

[Kid-Friendly Spice Roasted Carrots Recipe | America's Test Kitchen Kids](https://www.americastestkitchen.com/recipes/kid-friendly-spice-roasted-carrots-recipe/)
([americastestkitchen.com](https://www.americastestkitchen.com))

Ingredients

- 12 oz bag petite baby carrots
- 1-pound sweet potatoes – about 2 medium sized potatoes
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon smoked paprika
- ¼ teaspoon ground cinnamon
- ¼ teaspoon garlic powder
- ¼ teaspoon ground cardamom

Directions

Preheat oven to 425 degrees.

While oven is preheating, wash and peel the sweet potatoes. Carefully cut potatoes by first slicing them and then cutting into strips. Try to make your potato pieces approximately the same size as your carrots.

Place carrots and potatoes on a rimmed baking sheet. Use two sheets if your pan is crowded.

In a separate small bowl, use a spoon to combine the olive oil and spices.

Pour the oil mixture over the carrots and potatoes. Use your hands to coat veggies with oil and spread into an even layer. Cover baking sheet tightly with aluminum foil.

Place baking sheet in oven and roast covered for 15 minutes.

Carefully remove pan from the oven and remove foil. Use caution steam will be released.

Use tongs or spatula to flip carrots and potatoes. Return to oven, uncovered, for an additional 15 minutes or until fork tender. Serve warm.