

SWEET POTATO WITH OREGANO

Sweet potatoes, the staple on the Thanksgiving dinner table, is at the same time most hated dish according to the most recent internet survey. But everyone eats it because it is a tradition. Personally, I do not like it with sweet cranberry sauces but I love it with oregano and stake seasoning.

Spice up your sweet potatoes!!!

Chop sweet potatoes (2 pounds) into half inch cubes, sprinkle with olive oil (very little of oil), stake seasoning and oregano. Bake in the oven for about 30 minutes at 380F.

SIMPLY DELICIOUS

