



# Roasted Garlic Sweet Potatoes

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	30 MIN		10

Roasted garlic sweet potatoes are a delicious and healthy side dish made by roasting sweet potatoes with garlic and olive oil. The roasting process enhances their natural sweetness while adding a savory garlic flavor. This easy recipe is perfect for everyday meals, meal prep, or holiday sides. With a crispy outside and soft inside, roasted garlic sweet potatoes are both comforting and nutritious.

## Ingredients

- 2 medium sweet potatoes, peeled and cubed
- 3-4 garlic cloves, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional:  $\frac{1}{2}$  teaspoon paprika or cinnamon
- Optional: fresh parsley for garnish

## Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 25–30 minutes
- Total Time: 35–40 minutes
- Servings: 4
- Course: Side Dish
- Cuisine: International

## Cooking Method

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### Instructions

1. Preheat oven to **400°F (200°C)**.
2. Place sweet potatoes in a large bowl.
3. Add garlic, olive oil, salt, pepper, and optional spices.
4. Toss until evenly coated.
5. Spread in a single layer on a baking sheet.
6. Roast for **25–30 minutes**, flipping halfway through.
7. Remove when golden, crispy on edges, and tender inside.
8. Garnish with parsley and serve warm.

### Cooking Tips

- Cut evenly for consistent cooking
- Roast at high heat for crisp edges
- Flip halfway for even browning

## Variations

- Add honey or maple syrup for extra sweetness
- Add chili flakes for a spicy version
- Use roasted garlic for a milder flavor
- Add herbs like rosemary or thyme

## What to Serve with Roasted Garlic Sweet Potatoes

- Roasted chicken or fish
- Grain bowls
- Salads
- Holiday meals

## Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

## Reheating

Reheat in the oven for best texture.

## Frequently Asked Questions

### How do I make them crispier?

Use high heat and avoid overcrowding.

### Can I use skin-on sweet potatoes?

Yes, just wash thoroughly.

### Can I make this ahead of time?

Yes, reheat before serving.

### Recipe Author

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Generated on: Jul 11, 2026 02:53

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