

C's Grilled Spicy Sweet Taters

Yields: Ten 2 unit portions carbs (1/2 cup)
Seven 3 unit portions carbs (3/4 cup)
Four 4 unit portions carbs (1 cup)
Three 5 unit portions carbs (1 1/2 cup)

Ingredients:

1 1/2 tsp. ground Cumin
1 tsp. Garlic Powder
1/2 tsp. Kosher Salt
1/4 tsp. ground Red Pepper
2 Tbsp. Olive Oil
2 pounds Sweet Potatoes/Yams, cut into 1/4 inch thick rounds
Olive Oil Cooking Spray
2 Tbsp. fresh Cilantro, chopped

Directions:

Step 1: Combine the first 4 ingredients in a small bowl (through red pepper)
Step 2: Combine olive oil and sliced sweet taters in a medium bowl; toss to coat.
Step 3: Heat a large grill pan coated with cooking spray over medium-high heat.
Add taters. Cook for 10 - 15 minutes, turning occasionally.
Step 4: Place cooked taters in a large serving dish; sprinkle with seasoning mixture and chopped cilantro. Toss gently to coat. Serve immediately.