

Sweet Potato & garlic disks

We love these!

Sweet Potatoes

whole cloves of garlic (number depends on size)

olive oil

hot salt or other spices (such as Emeril Essence)

Preheat oven to 375.

Cut the sweet Potatoes into 1/2 inch disks.

Brush the disks with olive oil.

Sprinkle the oiled disks with the hot salt.

Place the oiled sweet potatoes, single layer, on a rack sitting in a cookie sheet.

Bake the potatoes in the oven for one hour.

After one hour, remove from the oven and place oiled garlic clove(s) on each disk.

Return to oven for another half hour until the garlic has browned and caramelized.