



# Garlic Butter Smashed Sweet Potatoes

Prep Time: 10 min    Cook Time: 40 min    Yield: 12-16 pieces

## Ingredients

4 medium sweet potatoes  
olive oil  
4 tbsp melted butter  
4 cloves of garlic, minced

1 tbsp fresh chopped parsley  
2-4 tbsp grated parmesan  
salt and pepper, to taste

## Instructions

- Preheat oven to broil. Wash sweet potatoes well, trim the ends, and cut each potato into 4 equal rounds, leaving the skins on.
- Place potatoes into a large pot of water and bring to a boil. Cook covered 20-25 minutes until fork tender. Drain well and pat dry.
- Lightly grease a baking sheet with olive oil and arrange potatoes onto the sheet. Use a fork to lightly flatten, but not mash, each piece.
  - Mix together butter, garlic, and parsley and pour mixture over each sweet potato. Sprinkle with salt and pepper. Broil until they are golden, about 10 minutes. Sprinkle with parmesan and return to the oven until cheese is melted. Serve immediately.