

From the cookbook "Man Can Cook"  
By Robert Sturm

### Roasted Yam and Sweet Potatoes

#### Ingredients:

2 oz. Canola Oil  
8 oz. Pearl Onions, peeled  
1 Larger White Sweet Potato, peeled, 1" diced  
1 Large Red Yam, peeled, 1" diced  
2 tsp. All Purpose Seasoning  
1 TB. Garlic, minced  
1 TB. Parsley, fresh, minced (extra for garnish)



#### Directions:

Preheat oven to 400F. Toss onions, potatoes and yams together with seasoning. Place on baking pan lined with parchment paper. Bake in oven for 30 minutes or until potatoes are tender. Toss with parsley. Serve.

Serves 6