



Slap Ya Mama

Slap Ya Mama Cajun Products

<http://slapyamama.com>

Healthy Sweet Potato & Veggie Bake

So you want to eat a healthy side, but also want your healthier option to taste good. Well Slap Ya Mama has an answer to your prayers! Introducing our new recipe - the Healthy Sweet Potato & Veggie Bake. It combines all your health vegetables with assorted toppings and Slap Ya Mama's original blend seasoning to deliver maximum flavor.

Ingredients:

- 2 sweet potatoes, ½" cubes
- 1 zucchini, quartered ½" pieces
- 1 yellow squash, quartered ½" pieces
- 1 medium red bell pepper, chopped
- 1 garlic clove, sliced
- 1/3 cup bread crumbs
- ¼ tsp rosemary, chopped
- 2 ½ tbsp. olive oil
- 1 tsp [Slap Ya Mama Original Blend Seasoning](#)

Directions:

Preheat oven to 400 degrees F.

In a medium baking pan toss together sweet potatoes, zucchini, squash, red bell pepper, garlic, bread crumbs, rosemary and olive oil. Season with Slap Ya Mama Original Blend Seasoning. Bake for 1 hour, stirring occasionally, until potatoes are tender. Serve and enjoy!

Serving Size – 4

Pair with a delicious ribeye for a great meal. [Slap Ya Mama Grilled Ribeye Recipe.](#)