**Honey-Glazed Sweet Potatoes**

**INGREDIENTS**
- ¼ cup water
- 2 Tbsp brown sugar
- 2 Tbsp honey
- 1 Tbsp olive oil
- 2 pounds sweet potatoes (about 4 large), peeled and cut into wedges
- Cracked black pepper or herb of choice (rosemary, sage, thyme), to taste

**DIRECTIONS**
1. Preheat oven to 375 F. Lightly coat a 9x13-inch baking dish with cooking spray.
2. In a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth.
3. Place a single layer of sweet potatoes in the baking dish. Pour sauce over the sweet potatoes. Turn to coat.
4. Cover and bake until tender, about 45 min. Turn sweet potatoes once or twice to continue coating. When tender, remove the cover and continue to bake until glaze is set, about 15 min.
5. Transfer to a serving dish and top with pepper or chopped herb. Serve immediately.

*Serves: 8 | Serving size: 2/3 cup*

**Nutrition Information:**
- Total fat 2 g, Calories 150, Protein 2 g, Cholesterol 0 mg, Total carbohydrate 31 g, Dietary fiber 4 mg, Monounsaturated fat 1 g, Saturated fat < 1 g, Trans fat 0 g, Sodium 42 mg, Added sugars 8 g