

# HONEY-GLAZED SWEET POTATOES

## INGREDIENTS

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

## DIRECTIONS

1. Preheat oven to 375 F. Lightly coat a 9x13 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 minutes. Turn sweet potatoes once or twice to continue coating. When tender, remove the cover and continue to bake until glaze is set, about 15 minutes.
5. Transfer to a serving dish and top with pepper or chopped herb. Serve immediately.



*Courtesy of mayoclinic.org*

**Serves: 8 | Serving size: ¾ cup**

**Nutrition Information:** Calories: 150; Total fat: 2g; Saturated fat: <1g; Cholesterol: 0mg; Sodium: 42mg; Total carbohydrate: 31g; Dietary fiber: 4mg; Protein: 2g.