

Honey-Glazed Sweet Potatoes

INGREDIENTS

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



Recipe courtesy of Mayo Clinic

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