



Honey-glazed Sweet Potatoes

Serves 8

Instead of topping canned sweet potatoes with a glaze and miniature marshmallows, this version uses fresh sweet potatoes and a lighter sweet coating, which brings out the flavor of the sweet potatoes and saves calories.

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

Preheat the oven to 375 F. Lightly coat a 9-by-13 inch baking pan with cooking spray.

To make the sauce, in a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth.

Place a single layer of sweet potatoes in the baking pan. Pour the sauce over the sweet potatoes. Turn to coat them.

Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.

Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately.

Nutritional Analysis

Calories	146
Total Fat	2g
Saturated fat	< 1g
Monounsaturated fat	1g
Cholesterol	0mg
Sodium	42mg
Fiber	4g
Potassium	553mg
Calcium	46mg
Carbohydrates	31g
Protein	2g

Diabetic Exchanges:

Starches	2
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