

Honey-glazed sweet potatoes

Tip: 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.

SERVES 8

Ingredients

1/4 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

Directions

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

(per serving)

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

DIABETES MEAL PLAN EXCHANGES

Starches	2
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