



Orange Glazed Sweet Potatoes

8 servings

Sweet potatoes, often referred to as yams, are a popular ingredient in many Southern dishes. This recipe creates a deliciously sweet dish, commonly enjoyed during holiday meals like Thanksgiving and Christmas.

- 4 medium sweet potatoes, scrubbed with clean vegetable brush under running water.
- ½ cup orange juice (from about 2 oranges)
- 1/4 cup honey OR brown sugar
- 2 teaspoons grated orange zest
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 1 Tablespoon butter
- 1. Wash hands with soap and water.
- 2. Peel sweet potatoes and slice in 1/4-inch thick slices.
- 3. Heat a large skillet over medium heat. Add honey, orange zest, orange juice, cinnamon, ginger and butter and cook until butter has melted.
- 4. Add sweet potatoes and stir. Reduce heat to low, cover, and cook for 20 minutes, or until potatoes are tender. Stir occasionally.
- 5. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (1/8 of recipe): Calories 110, Total Fat 1.5g, Saturated Fat 1g, Cholesterol 5mg, Sodium 45mg, Total Carbohydrates 24g, Fiber 2g, Total Sugars 13g, includes 9g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 6%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.







