

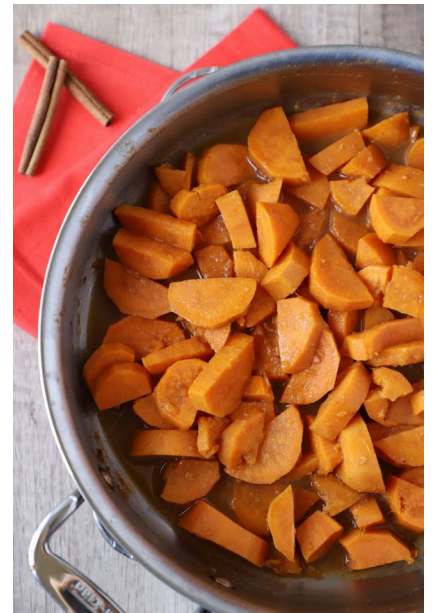
Orange Glazed Sweet Potatoes

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)
- ¼ 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 ¼-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%.