

RECIPE

Glazed Sweet Potato Cubes

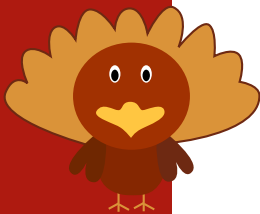
Start to Finish: 1 hour Servings: 4

Ingredients:

Cooking spray
2 tablespoons chopped pecans
2 tablespoons fresh orange juice
1 tablespoon honey
1 tablespoon light brown sugar
1 teaspoon olive oil
½ teaspoon vanilla extract
¼ teaspoon ground cinnamon
1 pound sweet potatoes, peeled and cut into 1-inch cubes

Directions:

1. Preheat the oven to 375 F. Lightly spray a 1 ½-quart shallow baking dish with cooking spray.
2. In a medium bowl, whisk together the ingredients except the sweet potato cubes.
3. Add the cubes, stirring to coat. Arrange in a single layer in the baking dish. Cover with aluminum foil.
4. Bake for 40 minutes, stirring halfway through. Stir again. Bake, uncovered, for 15 minutes, or until the cubes are tender and the glaze has thickened and sticks to them.



Nutrition Information Per Serving:

168 Calories; 4 g Total Fat; 0.5 g Saturated Fat; 0 mg Cholesterol; 64 mg Sodium; 32 g Carbohydrates; 4 g Fiber; 13 g Sugar; 2 g Protein