

# Candied Sweet Potatoes

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

1 ½ HOURS | SERVES 8



## INGREDIENTS

- 4 tablespoons unsalted butter, melted and cooled
- ½ cup orange juice (not from concentrate)
- 3 tablespoons maple syrup
- 1 tablespoon cinnamon
- ½ teaspoon nutmeg
- 4 large sweet potatoes (about 2 pounds), cleaned, sliced into ½-inch disks

## NUTRITION FACTS

173 calories, 6g fat, 4g saturated fat, 66mg sodium, 29g carbohydrate, 4g fiber, 10g sugar, 2g protein

## DIRECTIONS

1. Preheat oven to 350°F. In large bowl, whisk together butter, orange juice, maple syrup, cinnamon, and nutmeg. Toss sweet potatoes with mixture and spread into 9x13-inch lightly buttered casserole dish.
2. Cover dish with foil and bake for 30 minutes. Remove foil and bake another 15–20 minutes.