

## Healthy Recipe

# GET HEALTHY, STAY HEALTHY

## Maple-Roasted Sweet Potatoes

**Makes:** 12 servings **Prep Time:** 10 minutes • **Cook Time:** 1 hour 10 minutes

Roasting sweet potatoes is even easier than boiling and mashing them. Maple syrup glaze transforms this ultra-simple dish into something sublime.

### Ingredients

- 2 1/2 pounds sweet potatoes, peeled and 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste



### Preparation

- Preheat oven to 400°F.
- Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
- Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

**Make Ahead Tip:** Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

**Nutrition Per serving (1/2 cup) :** 96 calories; 2 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 19 g carbohydrates; 1 g protein; 2 g fiber; 118 mg sodium; 189 mg potassium.

