

Maple Glazed Sweet Potatoes

Source: Cooking Light magazine

INGREDIENTS:

8 C (1") cubed peeled sweet potato (about 3 lbs)
4 C water
1/4 C lemon sections (about 1 large lemon)
1/4 C packed dark brown sugar
3 TBS maple syrup
2 TBS butter or stick margarine
1/2 tsp ground cinnamon
1/8 tsp ground red pepper
Dash of salt

DIRECTIONS:

You'll need to peel/section a lemon for this dish. Take care to use only the flesh by removing the skin-like, white membrane from each section.

Combine first 3 ingredients in large saucepan - bring to boil. Cook 20 minutes or till tender, stirring occasionally. Remove sweet potatoes from pan with slotted spoon, reserving cooking liquid. Bring cooking liquid to boil - cook till reduced to 1/3 C (about 12 minutes). Stir in sugar + remaining ingredients - stir in sweet potatoes - cook 2 minutes or till thoroughly heated.

Servings: 12 (serving size: 1/2 C)

Nutrition Facts per Serving: Calories 142; Fat 2g Carbs 30g; Chol 5mg; Sodium 46mg; Protein 2g; Fiber 3g; Cal. from Fat 13%; Cal. from Carbs 85%