

Candied Sweet Potatoes

2 large sweet potatoes
3 tbsp. brown sugar
1 tbsp. reduced fat butter or margarine
1/4 cup orange juice
1/4 tsp. cinnamon and nutmeg

Wash sweet potatoes, peel and slice into 1/2 inch slices. Place sweet potatoes in baking pan. Arrange slices in a single layer, 1/2 inch apart. Mix brown sugar, orange juice and spices together. Pour mixture on top of sweet potato slices. Dot sweet potatoes with reduced-fat butter or margarine. Cover and bake at 375 degrees for 30 minutes, or until tender.

From the website www.sweetpotato.org