

Live Healthy Recipe

November 2024



Maple-Roasted Sweet Potatoes

Ingredients:

- 2 ½ pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces
- ⅓ cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Freshly ground pepper, to taste

Directions:

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in a small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. 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.

Nutrition Facts:

Servings: 12

Serving Size: ½ cup

Per Serving: calories 92; protein 1g; carbohydrates 18g; dietary fiber 2g; total sugars 9g; added sugars 5g; fat 2g; saturated fat 1g; cholesterol 5mg; vitamin A 11108IU; vitamin C 12mg; folate 4mcg; calcium 32mg; magnesium 18mg; potassium 294mg; sodium 119mg.

Recipe from eatingwell.com