



### Orange Sweet Potatoes

1 T. butter

3 large sweet potatoes or yams

1 c. orange juice

1 tsp grated orange peel

3/4 tsp salt

1/2 tsp grated nutmeg

1/4 tsp ground black pepper

1/4 c. packed brown sugar

Preheat oven to 375. Coat 9x9 baking dish with spray

Brown butter in small skillet over medium heat swirling until butter turns nutty color

Remove from heat and set aside.

Peel sweet potatoes or yams, cut in half lengthwise and then in 1/2" thick slices.

Place in the prepared baking dish. Pour orange juice over sweet potatoes.

Sprinkle with orange peel, salt, nutmeg and pepper.

Top with brown sugar and browned butter.

Cover and bake 40-45 minutes or until potatoes are crisp-tender

Uncover and cook 12-15 minutes, or until juices are almost absorbed.

Makes 4 servings

185 calories

2 g. protein

39 g carbs

3 g fat

8 mg cholesterol

442 mg sodium

3 g. fiber

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