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Prevent and Protect
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HONEY-GLAZED SWEET POTATOES

Recipe courtesy of Robin Plotkin, RD, LD

Serves 8

Ingredients

1/4 cup water

1 1/2 T brown sugar

1 1/2 T honey

1 T good-quality olive oil

2 lbs sweet potatoes (about 4 large ones), sliced in half lengthwise and again crosswise

Scant handful of chopped pecans or walnuts (toasted, if desired)

Cracked black pepper

Directions

Preheat oven to 375°F. Lightly coat 9- X 13-inch baking pan with cooking spray.

In small bowl, whisk together all ingredients (except potatoes, nuts, and pepper) until smooth. Pour into large plastic baggie and add potatoes. Mix thoroughly to coat. Empty baggie contents into baking pan.

Carefully place potatoes in a single layer with flesh of potato facing up. Cover and bake until fork tender, about 45 minutes. Turn sweet potatoes once or twice to prevent from sticking to pan.

When tender, remove cover and continue to bake until glaze is set, about 15 minutes. Transfer to a holiday serving dish and sprinkle nuts on top. Add pepper to taste. Serve immediately.

Nutrient Analysis: *Calories: 134; Total Fat: 2 g; Saturated Fat: 0 g; Polyunsaturated Fat: 0 g; Monounsaturated Fat: 1 g; Cholesterol: 0 mg; Sodium: 63 mg; Carbohydrates: 29 g; Fiber: 3 g; Protein: 2 g*