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Prevent and Protect
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ORANGE-INFUSED SWEET POTATOES

Wendy Jo Peterson, MS, RD

Serves 6

Ingredients

4 sweet potatoes
1/4 cup butter, unsalted and at room temperature
1/4 cup brown sugar, packed
1/2 cup orange juice
2 T orange zest
1 egg
1/2 cup evaporated skim milk
1 tsp cinnamon
1/4 tsp fresh nutmeg

Directions

Cook sweet potatoes in one of three ways: by baking (preferred), boiling, or microwaving. Peel cooked potatoes and place in mixing bowl. Add remaining ingredients and whip until smooth. Pour into baking dish and bake uncovered at 325°F for 35 to 45 minutes. Great hot and cold for leftovers.

Nutrient Analysis: *Calories: 174; Total fat: 2 g; Sat fat: 0.9 g; Cholesterol: 39 mg; Sodium: 96 mg; Carbohydrate: 35 g; Fiber: 4 g; Protein: 5 g*