

Chipotle-Glazed Sweet Potato Spears with Lime

From – www.health.com

4 pounds peeled sweet potatoes, cut into 1/2-inch wedges

¼ cup unsalted butter

1 tsp chipotle powder

½ cup honey

1/3 cup fresh lime juice

1 tsp kosher or sea salt

- Preheat oven to 400°. Coat rimmed baking sheet with cooking spray, and set aside.
- Place potato wedges in a large bowl.
- Melt butter in a saucepan over medium heat.
- Whisk in chipotle powder, honey, lime juice and salt. Bring to a simmer, stirring constantly, and cook 3 minutes.
- Pour glaze over potatoes, and toss to combine.
- Arrange in a single layer on prepared baking sheet. Use a rubber spatula to scrape bowl, drizzling remaining glaze over potatoes. Cover pan tightly with foil. Roast for 40 minutes.
- Remove foil, and baste potatoes. Bake, tossing every 10 minutes, for 20 minutes more or until tender and caramelized at the edges. Serve warm.



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