

Sweet Sweet Potatoes

From – *Moosewood Restaurant Low-Fat Favorites*

2 lbs sweet potatoes, peeled and cubed (6 to 7 cups)
1 cup unsweetened apple, pear or orange juice
¼ cup maple syrup or honey
1 tsp grated fresh ginger root
½ tsp ground cinnamon
¼ tsp ground cardamom
½ tsp salt

- Preheat oven to 350 degrees.
- Carefully lower the sweet potatoes into about 8 cups of boiling water (enough to cover them) and simmer for 5 minutes.
- Meanwhile, stir the juice, maple syrup or honey, ginger, cinnamon, cardamom and salt together in a lightly oiled or sprayed 2-quart baking dish.
- Drain the sweet potatoes, add them to the baking dish and stir well to coat with the juice mixture.
- Bake, uncovered, for about an hour, stirring every 15 minutes, until the sweet potatoes are tender and the juice mixture has thickened and coats the potatoes.



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