

Candied Sweet Potatoes

2 large sweet potatoes, about 2 lbs, peeled, halve lengthwise and cut crosswise into 2-inch thick pieces

1/4 cup orange juice

2 tbsp packed light brown sugar

2 tbsp maple syrup

1 tbsp reduced-calorie margarine, melted

1/2 tsp table salt

Preheat oven to 375°F. Place sweet potatoes in a large saucepan and pour in enough water to cover potatoes. Set pan over high heat and bring to a boil; reduce heat to medium and simmer 10 minutes, until potatoes are fork-tender. Drain potatoes and arrange them in a single layer in the bottom of a shallow baking dish. Whisk together juice, sugar, syrup, margarine and salt; pour mixture over sweet potatoes.

Bake for 30 minutes, then stir to coat potatoes with liquid and bake for 15 more minutes, until sauce is thick and bubbly. Stir once again before serving.

1 cup = 3 Points @ Core + 1-Point