

Maple-Roasted Sweet Potatoes

Ingredients:

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
1/3 cup maple syrup
2 tablespoons butter, melted
1 tablespoon lemon juice
1/2 teaspoon salt
pepper, black ground, to taste

Directions:

Preheat oven to 400°F.

Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. In small bowl, combine maple syrup, butter, lemon juice, salt and pepper. Pour the mixture over the sweet potatoes and toss to coat.

Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Yields 12 servings

Per serving: 96 calories, 1 gram protein, 2 grams fiber, 19 grams carbohydrates, 2 grams fat (1 gram saturated), 5 mg cholesterol, 118 mg sodium,

