

# Maple-Roasted Sweet Potatoes

## Heart Healthy Recipe of the Month

Source: <http://www.eatingwell.com>

Number of Servings: 12

Serving Size: 1/2 cup

### Ingredients:

2 1/2 pounds sweet potatoes,  
peeled and cut into 1 1/2-  
inch pieces (about 8 cups)  
1/3 C pure maple syrup  
2 Tbs. butter, melted  
1 Tbs. lemon juice  
1/2 tsp. salt  
Freshly ground pepper, to taste

### Directions:

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. 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.

### Nutrition Content:

Calories: 96  
Total fat: 2g  
Cholesterol: 5mg  
Sodium: 118 mg  
Total fiber: 2g  
Protein: 1g  
Carbohydrates: 19g