

## SUPER SWEET POTATOES

Makes 8 servings (¾ cup)

Original recipe by Maria A. Jackson (Atlanta)

### Ingredients:

- ◆ 1 (40-oz.) + 1 (15-oz.) can sweet potatoes in light syrup (about 8 cups)
- ◆ 2 Tbsp. margarine or butter
- ◆ ¾ cup brown sugar
- ◆ ¼ cup reserved sweet potato syrup
- ◆ ¼ cup frozen orange juice concentrate, thawed
- ◆ ⅛ tsp. salt
- ◆ 1 tsp. ground cinnamon
- ◆ ⅛ tsp. ground nutmeg (optional)

### How to make:

Adults: Drain the cans of sweet potatoes, reserving the liquid. Slice sweet potatoes into ½"-thick slices. Melt margarine or butter.

Kids: Preheat oven to 375°F. In a mixing bowl, combine melted margarine or butter with brown sugar, reserved sweet potato syrup, thawed concentrate and salt. Make sure to measure them all properly before adding to the bowl.

Adults: Spray a 9" x 13" baking pan with cooking spray. Place potato slices in pan. Pour the sweet mixture over potatoes.

Kids: Sprinkle potatoes with cinnamon and, if using, nutmeg. Bake for 25 minutes.

Adults: Remove from oven and scoop to serve. Tastes great as leftovers, too!

This vegetable dish pairs nicely with pork or turkey. It's loaded with beta-carotene, making it good for your body and your eyes.

### HEALTHY RECIPE MAKEOVER HOW-TO:



Sweet potatoes don't need as much extra "stuff" as the recipe originally called for. The butter has been successfully cut by 75% and margarine is suggested. For sweetness, orange juice concentrate replaces some of the brown sugar.

### Did you know?

**You can still make orange juice out of the leftover can of orange juice concentrate. Just reduce the amount of water, depending on your taste. Another use for the concentrate: drizzle a little on fresh spinach. It's a zippy salad dressing—and full of vitamin C and folate.**

### Nutrition Info per serving:

330 Calories, 73 g Carbohydrates, 3 g Protein, 3.5 g Total fat, 0.5 g Saturated fat, 0 mg Cholesterol, 6 g Dietary Fiber, 150 mg Sodium, 280% Vitamin A, 60% Vitamin C, 6% Calcium, 15% Iron