

CUT 

Candied Sweet Potatoes

Source: adapted from Betty Crocker's Cookbook



Where service *and savings* matter.

SERVINGS: 6-8

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving (based on 8 servings): calories 190, calories from fat 15, total fat 1.5g, saturated fat 1g, cholesterol 5mg, sodium 220mg, total carbohydrate 43g, dietary fiber 4g, sugars 25g, protein 2g, vitamin A 440%, vitamin C 35%, calcium 6%, iron 6%

2 lbs (about 6 medium) sweet potatoes or yams, unpeeled
½ cup brown sugar, packed
2 Tbsp Land 'O Lakes light butter
3 Tbsp light corn syrup
½ tsp salt
Cinnamon (to sprinkle on top as garnish)

DIRECTIONS:

Wash and scrub potatoes. To cook potatoes, heat enough salted water to cover potatoes; bring to boil. Add potatoes. Cover and heat to boiling; cook 30 minutes or until tender. Do not overcook. Drain and cool. Slip off skins. Cut each potato crosswise into ½-inch slices

In medium skillet, combine brown sugar, butter, corn syrup, and salt; cook over medium heat, stirring constantly, until smooth and bubbly. Add sweet potato slices; stir gently until glazed and heated through. Transfer to serving dish and sprinkle with cinnamon to garnish.

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