

Cider-Glazed Sweet Potatoes

Serves: 6

Ingredients

2 large sweet potatoes, peeled and cut into 1-inch chunks	2 Tbsp. butter or margarine
1 ½ cups apple cider or apple juice	½ tsp. nutmeg
¼ cup packed brown sugar	½ tsp. ground allspice
	½ cup dried unsweetened cranberries (optional)

Peel and cut sweet potatoes into 2-inch cubes. Steam in steamer basket or cover in a pot with ¼ cup water. Steam potatoes for 10-15 minutes or until cubes are tender. If desired, you can also steam them in the microwave. Set potatoes aside in a large bowl.

Combine cider, sugar, butter, nutmeg, and allspice in a large non-stick skillet over medium-high heat. Bring mixture to boil, stirring often. Add potatoes, reduce heat so liquid is simmering and cook for 5 minutes, stirring occasionally.

Add cranberries and continue cooking until liquid is reduced to a syrupy glaze and potatoes are tender, about 10 minutes. If glaze becomes very thick before potatoes are tender, thin it with a small amount of cider. When potatoes are tender, transfer them to a serving bowl with a slotted spoon. Pour remaining glaze over the sweet potatoes and serve.

Per serving: 170 calories, 4 g total fat (0-2 g saturated fat), 34 g carbohydrates, 1 g protein, 2 g dietary fiber, 30 mg sodium.