

Honey Roasted Sweet Potatoes

2 pounds red-skinned sweet potatoes
2 tablespoons olive oil
2 tablespoons honey
1 teaspoon fresh lemon juice
1/2 teaspoon salt

Preheat oven to 350 degrees F.

Peel and cut the sweet potatoes into 1-inch pieces and put in a 9 by 13 baking dish. In a small bowl whisk together olive oil, honey and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with the salt, and bake, stirring occasionally, for about 1 hour, until potatoes are tender.

Nutritional Analysis per Serving

Calories 167

Total fat 4.5 grams

Saturated fat 0.5 grams

Carbohydrates 30 grams

Protein 2 grams

Fiber 4 grams

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