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MAPLE-ROASTED SWEET POTATOES	Intermediate Lifestyle
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Ingredients

- 2-1/2 pounds sweet potatoes, peeled and cut into 1-1/2 inch pieces (about 8 cups)
- 1/3 cup sugar-free maple syrup (or 3TBS pure maple syrup + 2 TB + 1 TSP of sugar-free maple syrup)
- 2 TBS butter, melted
- 1 TBS lemon juice
- 1/2 TSP salt
- freshly ground pepper to taste

Instructions

1. Preheat oven to 400°.
2. Arrange sweet potatoes in an even layer in a 9 X 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.

Portion-Per-Serving Information (Yields 12 servings):

1 serving = 1/2 cup = 1 G