



ROASTED SWEET POTATOES WITH BALSAMIC DRIZZLE

Intermediate Lifestyle

INGREDIENTS

1-1/2 pounds sweet potatoes (about 3 medium), peeled
1 TBS extra-virgin olive oil
1/4 TSP Morton's Lite salt
freshly ground pepper, to taste
1 cup balsamic vinegar
2 TBS honey
1 TSP low-fat butter

INSTRUCTIONS

1. Preheat oven to 425°. Line a rimmed baking sheet with foil. Cut sweet potatoes into 1/2-inch thick wedges. Place on the prepared baking sheet, drizzle with oil and toss well. Spread out in a single layer. Bake until tender when pierced with a knife, 25 to 30 minutes. Season with salt and pepper.
2. Meanwhile, combine vinegar and honey in a small saucepan. Bring to a boil over medium-high heat and cook until syrupy and reduced to 1/3 cup, 12 to 15 minutes. (Watch the syrup carefully during the last few minutes of reducing to prevent burning.) Swirl in butter. Drizzle the sauce over the sweet potatoes.

SERVING INFO: (Yields 8 servings)

1 serving = 1/2 of 1 medium potato= 1 G

Note: Best way to gauge how many 1/2-inch thick wedges will equal one serving is to take one potato, cut it in half, and count out how many wedges are derived from that.

See photo of recipe at [Instagram](#) and [Facebook](#).