



Maple Glazed Sweet Potatoes

- 2 lbs. sweet potatoes, peeled and cut into 1-inch cubes
- 4 cups water
- Juice of 1 lemon
- 1/4 cup dark brown sugar
- 3 Tbsp. maple syrup
- 2 Tbsp. butter
- 1/2 tsp. ground cinnamon
- 1/8 tsp. cayenne pepper
- 1/4 tsp. salt
- 1/2 cup Almond Accents® Honey Roasted Flavored Sliced Almonds



Preparation Time : 10 minutes

In large saucepan, bring potatoes, water and lemon juice to a boil; cook 20 minutes or until tender, stirring occasionally. Remove sweet potatoes from pan with slotted spoon, reserving cooking liquid. Bring liquid to a boil and cook until reduced to 1/3 cup. Stir in sugar, maple syrup, butter, cinnamon, pepper and salt. Add sweet potatoes; simmer about 5 minutes or until glazed. Just before serving, sprinkle with Almond Accents.

Makes 4 servings

Nutrition Information Per Serving: 420 calories; 13 g fat; 15 mg cholesterol; 438 mg sodium; 72 g carbohydrate; 7 g fiber; 6 g protein

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