

# Orange-Glazed Sweet Potatoes

*Makes about 2 1-cup servings*

These golden sweet potatoes are a delicious addition to any meal.



2 medium sweet potatoes  
3 tablespoons calcium-fortified orange juice concentrate  
3 tablespoons maple syrup  
1/4 teaspoon salt

Preheat oven to 350°F.

Peel sweet potatoes and cut into 1/2-inch cubes (you should have about 2 cups). Place in a small covered baking dish.

Mix orange juice concentrate, maple syrup, and salt. Pour over sweet potatoes. Cover and bake until potatoes are tender when pierced with a fork, about 1 hour.

Per 1-cup serving

- Calories: 224
- Fat: 0.3 g
- Saturated Fat: 0.1 g
- Calories from Fat: 1.2%
- Cholesterol: 0 mg
- Protein: 2.9 g
- Carbohydrates: 54 g
- Sugar: 37.6 g
- Fiber: 4 g
- Sodium: 339 mg
- Calcium: 195 mg
- Iron: 1.2 mg
- Vitamin C: 59.1 mg
- Beta Carotene: 13137 mcg
- Vitamin E: 0.2 mg

*Source: Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.*