



# Try it “Tuesdays”



**Nutrition information per serving:**

Calories

180

Carbohydrate

44 g

Dietary Fiber

4 g

Protein

3 g

Total Fat

0 g

Saturated Fat

0 g

Trans Fat

0 g

Cholesterol

0 mg

Sodium

45 mg



## Cinnamon-Orange Glazed Sweet Potatoes

Makes: 6 servings, 3/4 cup per serving

Preparation Time: 10 Minutes

Cooking Time: 30 minutes

### Ingredients

- 1 1/2 cups 100% orange juice
- 2 tablespoons honey\* or brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon chili powder (optional)
- 2 pounds fresh sweet potatoes (about 2 large sweet potatoes), peeled and cut into small cubes
- 1/4 cup raisins

### Directions

In a medium saucepan, bring orange juice, honey, cinnamon, and chili powder to a boil. Add sweet potatoes to the saucepan and simmer, covered, for 15 minutes. Remove cover and add raisins; cook over medium-high heat for 5 minutes or until orange sauce has thickened. Serve immediately.

*\*Do not give honey to children under the age of one.*

For more information, Contact your local EFNEP office

