



Brick	Marlboro	Oakhurst	Brooklyn	Cedarhurst
732.903.7700	732.536.2027	732.663.0222	718.998.8898	516.569.6400

ROASTED SWEET POTATOES W/BALSAMIC DRIZZLE Intermediate Lifestyle
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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.

Portion-Per-Serving Information (Yields 8 servings):

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

(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.)

*<http://www.eatingwell.com>