



# Apple Glazed Sweet Potatoes

*So easy, just simmer sweet potato slices in juice and serve.*

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## **Makes 4 servings.**

*½ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 30 minutes

## **Ingredients**

2½ cups unsweetened 100%  
apple juice

½ teaspoon ground  
cinnamon

¼ teaspoon salt

2 pounds sweet potatoes  
(about 4 small potatoes),  
peeled and thinly sliced

## **Preparation**

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

### ***Nutrition information per serving:***

Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g,  
Protein 3 g, Total Fat 0 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg