

# COMMUNITY



## LiveBetter with MedWatch

### Glazed Sweet Potatoes

#### Ingredients

- 6 medium size sweet potatoes (about 3 pounds), peeled, cut into 1-inch pieces
- ½ cup firmly packed brown sugar
- 2 Tbsp. stick margarine
- 2 Tbsp. unsweetened orange juice
- ½ tsp. salt
- 1 cup whole-berry cranberry sauce
- \* orange or lemon rind (optional)

#### Preparation

1. Place potatoes in a 2-quart, microwave-safe baking dish; cover and microwave on HIGH 12 minutes or until potatoes are tender.
2. In a 2-cup glass measuring cup, combine brown sugar, margarine, orange juice and salt. Microwave on HIGH 3 minutes, stirring every minute.
3. Add sugar mixture and cranberry sauce to potatoes; toss gently. Microwave on HIGH 10 minutes or until thoroughly heated, basting with sauce twice during cooking.
4. Garnish with orange or lemon rind, if desired.

Makes 8 servings. Serving size: ¼ cup.

#### Nutrition Analysis



Per serving: 265 calories, 2 g protein, 3 g fat (0.6 g saturated fat), 58 g carbohydrate, 0 mg cholesterol, 212 mg sodium



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