



Candied Sweet Potatoes

Sweet potatoes are one of those foods my family can't get enough of. And when you caramelize them, it's like eating sweet potato candy. The key to success with this dish is slicing the sweet potatoes evenly with a good, sharpened knife.

Ingredients:

6 sweet potatoes, peeled and julienned
1/3 c olive oil
1/3 c orange juice
1/2 c brown sugar

Directions:

1. Preheat oven to 400.
2. Cover jellyroll pan with foil and spray with non-stick spray.
3. Mix olive oil, orange juice and brown sugar. Combine with sweet potatoes.
4. Spread on jelly roll pan in an even layer. Bake for 20 minutes.
5. Flip sweet potatoes over and bake for another 20 minutes. If you like your sweet potatoes more caramelized, bake for 10 minutes longer. Remove from jellyroll pan immediately (or they may never come off!)

Serves 6-8.