

Sweet Potato Cranberry Bake

Yield: 6 servings

Ingredients:

- 4 large sweet potatoes, peeled
- 2 cups fresh or frozen cranberries
- ½ cup packed brown sugar
- ½ cup orange juice
- 2 tbsp butter (melted)

Topping Ingredients:

- ½ cup chopped walnuts
- ¼ cup packed brown sugar
- ½ teaspoon ground cinnamon
- 2 tbsp cold butter

Directions:

1. Boil sweet potatoes 40-50 minutes or until tender. When cool enough to handle, cut sweet potatoes into ¼-inch slices.
2. Place half potatoes in a greased 2½ quart baking dish. Top with half of the cranberries, brown sugar and butter. Repeat layers.
3. Pour orange juice over top.

Continued

Directions: (Continued)

4. Cover and bake 350° F for 30 minutes.
5. In a small bowl, combine the walnuts, brown sugar and cinnamon; cut in butter. Sprinkle over sweet potato mixture. Bake uncovered for 10 minutes longer or until topping is golden brown.

Nutrition Facts: (per serving)

Calories: 351 • Fat: 16g

Sodium: 105mg • Carbohydrates: 51g

Dietary Fiber: 5g • Protein: 3g

Source: *Taste of Home*, 2014



Workforce Health