

Candied Sweet Potatoes (sides)

Prep: 10 mins. Cook: 40 mins. Serves: 8-10

Ingredients

6 sweet potatoes
Pinch of salt
1 c. brown sugar
½ c. sugar
1 tsp. flour
1 c. cold water
2 T. butter
1 tsp. vanilla extract
1 tsp. cinnamon
1 tsp nutmeg



Instructions

1. Preheat oven to 325 degrees.
Lightly grease a 9x13 inch baking pan with cooking spray or butter
2. Peel sweet potatoes and cut into $\frac{3}{4}$ inch slices.
Put them in a large pot, cover with cold water and add a pinch of salt.
Bring the water to a boil, reduce to a simmer and cook for 5-10 minutes.
3. While sweet potatoes are cooking, put the remaining ingredients in a small saucepan and bring to a boil over a medium heat.
4. Drain the sweet potatoes and transfer them to your prepared 9x13 inch baking dish.
5. Pour the syrup mixture over the sweet potatoes. Sprinkle cinnamon/nutmeg on top.
6. Bake uncovered for about 30-40 minutes until the sweet potatoes are tender and glazed.
Serve hot.