

Sweet Potatoes with Cherry Glaze

Ingredients

- 2 medium sweet potatoes (7 to 8 ounces each)
- 2 tablespoons cherry juice concentrate (undiluted)
- 1 tablespoon brown sugar
- 1 tablespoon butter or margarine, melted
- 1/8 teaspoon ground ginger
- 1 green onion, sliced
- nonstick cooking spray

Directions

1. Scrub potatoes and halve lengthwise; do not peel. Spray on baking pan with nonstick cooking spray. Place potatoes, cut side down, in pan. Bake in a preheated 400-degree oven 30 to 40 minutes or until almost tender.
2. Stir together cherry juice concentrate, brown sugar, butter and ginger. Turn potatoes cut-side up and brush with cherry mixture. Bake 5 to 10 minutes, or until tender. Sprinkle with green onion. Serve immediately.

Makes 4

Nutrition Info

Nutrition Facts per serving: 120 cal., 3 g total fat (2 g sat. fat), 23 g carbo., 8 mg chol., 1 g pro., 2 g fiber, 69 mg sodium. Daily RDA values: 190% vit. A, 4% vit. C, 2% calcium, 4% iron.

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