

Baked Sweet Potatoes with Ginger and Honey



Rated: ★★★★★

Submitted By: Christine L.

Photo By: Jackie C.

Prep Time: 15 Minutes

Cook Time: 40 Minutes

Ready In: 55 Minutes

Servings: 12

"Fresh ginger, cardamom, and sweet potatoes will fill your house with a fall fragrance as well as call your family to the table. Originally submitted to ThanksgivingRecipe.com."

Difficulty level- easy

Price- cheap

INGREDIENTS:

3 pounds sweet potatoes, peeled and cubed

1/2 cup honey

3 tablespoons grated fresh ginger

2 tablespoons walnut oil

1 teaspoon ground cardamom

1/2 teaspoon ground black pepper

DIRECTIONS:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a large bowl, toss together the sweet potatoes, honey, ginger, walnut oil, cardamom, and pepper. Transfer to a large cast iron frying pan.
3. Bake for 20 minutes in the preheated oven. Stir the potatoes to expose the pieces from the bottom of the pan. Bake for another 20 minutes, or until the sweet potatoes are tender and caramelized on the outside.

ALL RIGHTS RESERVED © 2014 Allrecipes.com

Printed from Allrecipes.com 11/12/2014

Nutrition

Calories

162 kcal

Carbohydrates

34.9 g

Cholesterol

0 mg

Fat

2.3 g

Fiber

3.5 g

Protein

1.9 g

Sodium

63 mg

<http://allrecipes.com/Recipe/Baked-Sweet-Potatoes-with-Ginger-and-Honey/Detail.aspx>