

Seasonal Eating



Candied Sweet Potatoes

- 2 pounds sweet potatoes, peeled and cut into 1/2" thick slices
- 1 cup brown sugar
- 1 teaspoon salt
- 2 tablespoons butter
- 1/4 cup water
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg

Place potatoes in saucepan and cover with water. Bring to a boil and gently boil until just fork tender. Drain and place in casserole dish. In saucepan, combine sugar, salt, butter, water, cinnamon and nutmeg. Bring to a boil and boil for 3 minutes. Pour sauce over the sweet potatoes. Bake at 350 degrees for 1 hour 15 minutes.