

**Seasonal Eating**  
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**Put a New Flavor on an Old Favorite**  
**November 2015**

When I think of the Thanksgiving table (or a fall table for that matter) I can't help but think of sweet potatoes. I don't know if it's the beautiful color or the rich sweet flavor that just screams autumn. My Mom always made candied sweet potatoes for Thanksgiving when I was growing up. She boiled the sliced potatoes and then covered them with a boiled mixture of butter, brown sugar and spices and baked them. As a child I didn't like sweet potatoes or eat them on Thanksgiving but she and my Dad always enjoyed them.

Later I was introduced to Sweet Potato Casserole with a crunchy topping. Now we're talking! This was delicious and I learned to eat sweet potatoes. I like sweet potatoes many ways now – even Mom's candied sweet potatoes. So I've been experimenting this fall with various recipes. Last month I shared the Mashed Molasses Roasted Potatoes. This month I took a more Thanksgiving side dish route with Cranberry Orange Sweet Potatoes. They not only taste good but are beautiful in the pan and on the plate with the bright orange potatoes and red cranberries.



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Sweet potatoes are high in vitamins C and A and a good source of potassium and fiber, making them a good choice for holiday dishes, if you watch the amount of fat and sugar that is added.

This is a good option that isn't too sweet but has all the flavors of fall. The sweet potatoes are peeled, sliced and boiled to get them just tender. Instead of using sugar to enhance the sweetness of the potatoes, I used reduced orange juice which adds flavor as well. While the potatoes are boiling, boil the orange juice to reduce it and concentrate the flavors in another saucepan, making sure that you watch or it will boil over. When the orange juice is reduced, dried cranberries, molasses and vanilla are added and poured over the sweet potato slices in a baking dish. There won't be a lot of liquid as the cranberries absorb much of it. Cover and bake until the potatoes are nicely tender. The final touch is just a little melted butter and toasted chopped pecans sprinkled over the top.

Sweet potatoes, molasses, cranberry, orange, vanilla and pecans – the flavors of the holidays all in one dish. Give it a try for your Thanksgiving table this year!

**Cranberry Orange Sweet Potatoes**

- 5 medium sweet potatoes
- 1 1/2 cups orange juice
- 1/2 cup dried cranberries
- 1 teaspoon molasses

1 teaspoon vanilla extract  
Pinch of salt  
2 tablespoons butter, melted  
3/4 cup toasted pecans, roughly chopped

Peel the sweet potatoes and slice into 1/2" thick slices. Place in a large pot with lightly salted water and put on high heat to boil just until a fork will pierce the potato, about 20 minutes. In the meantime, place the orange juice in a saucepan and boil until reduced to about 3/4 cup, about 20 minutes. Add the cranberries for the last minute, remove from heat and add molasses, vanilla and salt. Drain the sweet potatoes and arrange slices in shingled rows in a baking dish. Pour orange juice mixture over the top (there may not be a lot of liquid left). Cover with foil and bake at 350 degrees for about 30 minutes, until potatoes are tender. Drizzle with butter and sprinkle with pecans.