



Maple Glazed Sweet Potatoes



4 servings



45 minutes

INGREDIENTS

- 4 medium sweet potatoes (peeled and cut into 1-inch cubes or thin wedges)
- 3 tbsp maple syrup (use pure maple syrup)
- 2 tbsp unsalted butter (melted)
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp cloves
- 1/4 tsp salt
- 1 tbsp olive oil (for roasting)

DIRECTIONS

- 1. Preheat Oven:** Preheat your oven to 400°F (200°C).
- 2. Prepare Sweet Potatoes:** In a large bowl, toss the cubed sweet potatoes with olive oil until evenly coated.
- 3. Roast:** Spread the sweet potatoes in a single layer on a baking sheet. Roast for 25-30 minutes, or until the sweet potatoes are tender and lightly browned, stirring once halfway through.
- 4. Make Maple Glaze:** While the sweet potatoes are roasting, in a small bowl, mix the maple syrup, melted butter, cinnamon, cloves, nutmeg, and salt together.
- 5. Glaze the Potatoes:** Once the sweet potatoes are done, remove them from the oven and drizzle the maple glaze over them. Toss gently to coat. Put back in the oven for 5 minutes to help the flavors meld.
- 6. Serve:** Serve immediately as a side dish or enjoy as a comforting, sweet addition to your meal.

NOTES

Flavor Adjustment: Add a pinch of cayenne pepper or red chili flakes for a touch of heat if you like sweet and spicy combinations. Or, add an additional 1/2 tsp of each of the warming spices.

Make-Ahead Option: You can prep the sweet potatoes and the glaze separately ahead of time and then roast them right before ready to serve.