

Roasted Sweet Potatoes with Maple Syrup and Red Chile

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Ingredients

- **3 medium sized sweet potatoes, washed and cut in half lengthwise**
- **2 cups water (separate use)**
- **½ cup pure maple syrup**
- **1 teaspoon red chile powder (mild to medium)**
- **1 lime, freshly squeezed into lime juice**

Directions

1. Preheat oven to 400 degrees. Place the cut sweet potatoes, cut side down, on a sheet pan or baking dish. Add 1 cup of water. Bake for 20 minutes. Remove from oven. The water will almost entirely evaporate from the pan. Add remaining 1 cup water to the bottom of the pan. Return to oven and bake for another 20 minutes.
2. While potatoes are cooking, in a medium size-mixing bowl, combine the maple syrup, red chile powder, and lime juice. Whisk until completely mixed. Set aside.
3. Sweet potatoes are completely soft and cooked when easily poked with a small knife. Remove from oven and turn the cut side up and the skin side down. Using a sharp knife, score each sweet potato at a diagonal 4 times. Score them all the way down to the skin but do not pierce the skin on the bottom of the sweet potato. Score again 4 times in the other direction, not piercing through the skin. There should be a crisscross design on each sweet potato.
4. Drizzle 1 to 1 ½ Tablespoons of maple syrup mixture over each sweet potato. Allow the mixture to soak into the sweet potato. Return the pan to the oven and bake for another 10 minutes.
5. Remove from oven and place a sweet potato onto each plate. Serve as its own side or with Wild Rice Sauté as the entrée dish.

Serve immediately. Makes 6 *servings*.