

October Recipes

Sorry about the delay here are 2 side dishes for this month.

Maple Sweet Potatoes

Leave yourself some time this one will take a few minutes, but it's very easy.

Serves 4

Ingredients

2-3 sweet potatoes about 2 pounds

¼ cup grade B or Grade A dark maple syrup, divided

Salt and pepper to taste

Method

1. Pre-heat your oven to 400F
2. Give your sweet potatoes a quick rinse to remove any loose dirt and place them directly on the oven shelf on the lower rack place a piece of foil to catch any drippings. Very important DON'T poke holes in it and do not peel it, yet.
3. Let the potatoes bake for about 1 hour or until you can insert a small knife into the center of the potato with ease. Then remove them from the oven and let them rest for about 3-5 minutes or until you can handle them a bit.
4. Peel the potatoes. The peel should come right off easy. If it's too hot you can use a pair of tongs.
5. Once you have them peeled then you need to slice the potatoes into ¾ inch slices. Arrange them in a single layer sides touching on a baking sheet lined with non-stick foil.
6. Drizzle ½ of the syrup over the sliced potatoes. Put them back in the oven for about 10 minutes. Drizzle the remaining syrup over the sweet potatoes and baked them for another 5 minutes. Serve and enjoy!!!