



# December Healthy Living



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## Healthy Tip

This month's healthy tip is to take a walk at night and look at Christmas lights. There are so many pretty lights in most neighborhoods during this time of year. If you want to check out a different neighborhood, try going for a walk on "Candy Cane Lane" in Vacaville. This street is filled with lots of different lights and decorations.

## Healthy Recipe

### Melting Sweet Potatoes with Maple Butter:

#### Ingredients:

- 2 pounds sweet potatoes, peeled and cut into 1-inch slices
- 2 tablespoons melted butter
- 1 tablespoon extra-virgin olive oil
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground pepper
- $\frac{1}{2}$  cup low-sodium vegetable broth or chicken broth
- $\frac{1}{4}$  cup pure maple syrup
- 1 tablespoon lemon juice

#### Steps:

- 1) Position rack in upper third of oven; preheat to 500 degrees F.
- 2) Toss sweet potatoes, butter, oil, salt and pepper in a large bowl.
- 3) Arrange in a single layer in a 9-by-13-inch metal baking pan. (Do not use a glass dish, which could shatter.)
- 4) Roast, flipping once, until browned, 25 to 30 minutes.
- 5) Whisk broth, maple syrup and lemon juice together in a measuring cup. Carefully add the mixture to the pan.
- 6) Continue roasting until most of the liquid is absorbed and the sweet potatoes are very tender, 5 to 8 more minutes. Serve hot.

