

# Chipotle-Glazed Sweet Potato Spears with Lime



## Nutritional Info

- CALORIES **194**
- FAT **5g** (sat 3g, mono 1g, poly 0.0g)
- PROTEIN **2g**
- CARBOHYDRATE **38g**
- FIBER **4g**
- CHOLESTEROL **12mg**
- IRON **1mg**
- SODIUM **156mg**
- CALCIUM **46mg**

## Ingredients

- 4 pounds peeled sweet potatoes, cut into 1/2-inch wedges
- Cooking spray
- 1/4 cup unsalted butter
- 1 teaspoon chipotle powder
- 1/2 cup honey
- 1/3 cup fresh lime juice
- 1 teaspoon kosher or sea salt

## Preparation

1. Preheat oven to 400°. Place potato wedges in a large bowl. Coat rimmed baking sheet with cooking spray, and set aside.

2. Melt butter in a saucepan over medium heat. Whisk in chipotle powder and remaining ingredients. Bring to a simmer, stirring constantly, and cook 3 minutes.

3. Pour glaze over potatoes, and toss to combine. Arrange in a single layer on prepared baking sheet. Use a rubber spatula to scrape bowl, drizzling remaining glaze over potatoes. Cover pan tightly with foil. Roast for 40 minutes. Remove foil, and baste potatoes. Bake, tossing every 10 minutes, for 20 minutes more or until tender and caramelized at the edges. Serve warm.

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