Candied yams

Recipe by Chef Marvin Woods

Yield: Makes 8 servings

Ingredients
2 tablespoons unsalted butter
6 medium sweet potatoes, peeled and sliced
½ cup agave
2 fresh lemons (juiced)
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
pinch kosher salt

Instructions:
Melt butter in a large skillet over medium-low heat.

While butter is melting, in a small bowl combine agave, lemon juice, cinnamon, nutmeg and salt.

Add sliced potatoes to melted butter and turn to coat.

Drizzle glaze mixture over potatoes, stir to coat.

Cover skillet, reduce heat to low.

Stirring occasionally, Cook for 50-60 minutes (depending on how thick you sliced your potatoes), or until potatoes are tender.

Total Nutrition Facts (per serving)

Calories:	176.4
Total Fat	3.2g
Saturated Fat	1.9g
Trans Fat	0.1g
Cholesterol	7.6mg
Sodium	54.3mg
Total Carb	37.3g
Dietary Fiber	3.1g
Sugars	22.9g
Protein	1.7g

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