



# Sweet Potatoes

Makes 6 servings  
Prep Time: 15 minutes  
Cook Time: 1 hour

## Ingredients

1 1/2 cups sweet potatoes  
1/4 cup brown sugar (packed)  
1 teaspoon flour (sifted)  
1/4 teaspoon salt

1/4 teaspoon cinnamon (ground)  
1/4 teaspoon nutmeg, ground  
1 teaspoon margarine, unsalted

## Directions

- Wash sweet potatoes.
- Peel sweet potatoes and cut into 1/4 inch cubes. Boil until tender, but firm (about 20 minutes).
- Combine sugar, flour, salt, cinnamon, nutmeg and sweet potato.
- Heat skillet to medium to high heat
- Place sweet potatoes in skillet and sprinkle with spiced sugar mixture.
- Dot with half the amount of margarine.
- Bake uncovered for 20 minutes.

Heart Healthy Home Cooking: African American Style.  
US Department of Health and Human Services  
National Heart, Lung, and Blood Institute. (2008).  
Candied Yams. MyPlate Kitchen



Scan this QR code to watch a  
video of how to make it.

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