



Garden Fresh Farm Recipes

Orange Glazed Sweet Potatoes

Ingredients:

6 sweet potatoes (about 2 pounds)
2/3 cup sugar
1 tablespoon cornstarch
1 teaspoon salt
1/2 tablespoon orange zest
1 cup orange juice
2 tablespoons butter

Directions:

Heat oven to 400 degrees. Pare and cut each sweet potatoes in half lengthwise. Arrange in an un-greased 1 1/2 quart casserole.

In a small sauce pan, stir together sugar, cornstarch, salt and orange zest. Slowly stir orange juice into sugar mixture. Add butter. Cook, stirring constantly until mixture thickens and boils. Boil and stir 1 minute.

Pour hot orange juice mixture over sweet potatoes into casserole. Cover; bake 1 hour, basting occasionally.

Serves 4 to 6