

Cranberry Sweet Potatoes



Ingredients:

- 1/4 cup orange juice
- 2 tablespoons butter or margarine
- 2 tablespoons canola oil
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt
- 6 medium sweet potatoes, peeled, and cubed
- 1/2 cup dried cranberries

Directions:

1. Preheat oven to 375 F.
2. In a square baking dish, combine the juice, butter, oil, sugar, cinnamon, nutmeg, and salt.
3. Add the potatoes and cranberries.
4. Cover with foil and bake until potatoes are soft, around 40 minutes.

Makes 6 servings.



Tarrant County Public Health
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