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Doubly Sweet Potatoes (makes 4 servings)

Ingredients:

2 lbs. sweet potatoes or yams

2 / 3 cup orange juice

1 / 3 cup honey

1 Tb. cornstarch

1 / 2 tsp ground ginger

1 / 2 tsp ground nutmeg

1 / 4 tsp salt

1 Tb. butter or margarine

Directions:

Wash and pierce potatoes or yams;

Place on piece of heavy duty foil & bake @375 degrees F. for 40 to 50 minutes, until just tender;

Spray 8 x 8 inch baking dish with nonstick cooking spray;

Place cooked potatoes or yams in dish & set aside;

In small pan, combine orange juice, honey, cornstarch, ginger, nutmeg, & salt; stir until smooth;

Cook over medium-high heat, stirring until thick & mixture begins to boil. Then stir & cook for 1
more minute;

Remove from heat and stir in butter;

Pour over potatoes or yams, stirring to coat;

Bake @ 350 degrees F. for 25 to 30 minutes until hot and potatoes are tender.