

Recipes from the American Beekeeping Federation, "Honey Recipes 2010":

HONEY-Pineapple Sweet Potatoes:

Ingredients:

3 pounds sweet potatoes, peeled, cut into $\frac{3}{4}$ inch cubes

1 cup water

1 can (8 ounces) crushed pineapple

1 can (8 ounces) pineapple chunks, drained

$\frac{1}{4}$ cup HONEY

$\frac{1}{2}$ cup coarsely chopped pecans—optional!

[FYI: if you like apricots, they are a good substitute for pineapple in this recipe.]

Directions:

Preheat oven to 350 degrees;

Place sweet potatoes & water in a 2-quart microwave-safe dish;

Cover & microwave on high for 8 to 10 minutes or till sweet potatoes are tender;

Drain sweet potatoes;

Drain crushed pineapple & reserve the juice;

In a large bowl, combine crushed pineapple, pineapple chunks, & sweet potatoes;

Coat the 2 & $\frac{1}{2}$ quart baking dish with cooking spray or oil;

Transfer sweet potato & pineapple mix to the baking dish;

In a small bowl, combine the HONEY & reserved pineapple juice;

Pour honey & pineapple juice mixture over sweet potatoes;

Bake, uncovered, at 350 degrees for 10 minutes;

Stir; (if you are adding the pecans, sprinkle them on now);

Bake uncovered at 350 degrees for another 15 to 20 minutes or till the mix is heated through.