

## Balsamic Reduction Drizzle Over Roasted Sweet Potato Bites



Who knew a root could taste so good! This recipe is a delicious, simple way to get your Vitamins A and C, fiber and potassium all wrapped into one side dish. Purchase the darker, thicker skinned variety of sweet potato that is small to medium sized with smooth, unbrushed skin. Store raw potatoes in a cool, dark place – do not refrigerate. To learn how to create more seasonal side dish recipes contact Anita Brown Culinary Coach, 847 341-4623 or email us at [culinarycoach@comcast.net](mailto:culinarycoach@comcast.net).

3 medium sweet potatoes (1 ½ lbs.) peeled

1 Tbs. olive oil

¼ tsp. salt

Freshly ground pepper to taste

*Drizzle:*

1 cup balsamic vinegar

2 Tbs. honey

1 tsp. butter

- Preheat oven to 425 degrees.
- Line a rimmed cooking sheet with foil.
- Cut peeled sweet potatoes into ½ inch-thick wedges.
- Place wedges in a single layer on pan and add olive oil. Toss well to coat.
- Bake for 25-30 minutes until tender when pierced with a knife.
- Season with salt and pepper.
- While the potatoes are baking, combine vinegar and honey in a small saucepan.
- Over medium-high heat, bring to a boil and continue cooking and stirring until the liquid is reduced to about 1/3 cup and is syrupy. Continue to stir so the syrup does not burn. Add the butter.
- Serve the potatoes with this tangy, sweet reduction drizzled over the sweet potatoes.