

Cranberry Sweet Potatoes

Makes: 6 Servings

The orange juice and cranberries in this recipe will help you increase your intake of fruits and vegetables.

Ingredients

- 1/4 cup** orange juice (4 Tablespoons)
- 2 tablespoons** margarine
- 2 tablespoons** vegetable oil
- 2 tablespoons** sugar
- 1 teaspoon** cinnamon
- 1/4 teaspoon** salt
- 6** medium sweet potatoes (about 2 pounds, peeled and cut into 1-inch pieces)
- 1/2 cup** dried cranberries

Directions

1. Preheat oven to 375 degrees F.
2. In a 9x9 baking dish, combine the orange juice, margarine, vegetable oil, sugar, cinnamon, and salt.
3. Add potatoes and cranberries.
4. Cover with foil and bake 40 minutes or until potatoes are soft.

Recipe adapted from Food.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	9 g	
Protein	2 g	
Carbohydrates	43 g	
Dietary Fiber	5 g	
Saturated Fat	1.5 g	
Sodium	180 mg	