

Orange-Lime Sweet Potatoes

Scripps Newspapers

1 cup chopped onion

1 teaspoon minced garlic

1 pound sweet potatoes, peeled and cubed

1 cup orange juice

1/4 cup lime juice

salt and pepper to taste

Saute onion and garlic in lightly gresed medium skillet for three to four minutes.

Add sweet potatoes and juices and heat to boiling.

Reduce heat and simmer, covered, until potatoes are tender.

Cook an additional eight to ten minutes until juices are thickened.

Season to taste with salt and pepper.

Per Serving (excluding unknown items): 533 Calories; 2g Fat (2.9% calories from fat); 9g Protein; 124g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 51mg Sodium. Exchanges: 5 Grain(Starch); 2 1/2 Vegetable; 2 1/2 Fruit.