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Roasted Sweet Potatoes with Balsamic Drizzle

From Eating Well

A delicious tangy-sweet balsamic-and-honey reduction looks dramatic over roasted sweet potato wedges

4 servings / Active Time: 10 minutes / Total Time: 40 minutes

Ingredients

1 1/2 pounds sweet potatoes, (about 3 medium), peeled

1 tablespoon extra-virgin olive oil

1/4 teaspoon salt

Freshly ground pepper, to taste

1 cup balsamic vinegar

2 tablespoons honey

1 teaspoon butter

Directions

Preheat oven to 425°F. Line a rimmed baking sheet with foil. Cut sweet potatoes into 1/2-inch-thick wedges. Place on the prepared baking sheet, drizzle with oil and toss well. Spread out in a single layer. Bake until tender when pierced with a knife, 25 to 30 minutes. Season with salt and pepper.

Meanwhile, combine vinegar and honey in a small saucepan. Bring to a boil over medium-high heat and cook until syrupy and reduced to 1/3 cup, 12 to 15 minutes. (Watch the syrup carefully during the last few minutes of reducing to prevent burning.) Swirl in butter. Drizzle the sauce over the sweet potatoes.

Tips & Notes

Make Ahead Tip: The balsamic drizzle (Step 2) will keep in the refrigerator for up to 4 days. Reheat in the microwave or on the stovetop, adding a little water if the syrup has thickened too much, before drizzling over the roasted sweet potatoes.

Nutrition

Per serving: 212 calories; 5 g fat (1 g sat , 3 g mono); 3 mg cholesterol; 41 g carbohydrates; 2 g protein; 3 g fiber; 197 mg sodium; 359 mg potassium.

Nutrition Bonus: Vitamin A (420% daily value), Vitamin C (30% dv)