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# Roasted Sweet Potatoes with Pecans and Maple Sauce

*Very slight modified from the Food Network, Aida Mollenkamp*

Internet Address: <http://www.foodnetwork.com/recipes/aida-mollenkamp/roasted-sweet-potatoes-with-pecans-and-spiced-maple-sauce-recipe.html>



2/3 cup chopped pecans

3 pounds sweet potatoes, cut into large dice  
(use either yellow-flesh or orange flesh)

Salt and pepper to taste

2 tablespoons vegetable oil

4 tablespoons unsalted butter

3 tablespoons maple syrup

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 8

Notes: we decided 3 pounds of sweet potatoes, included in a many-dish meal (like Thanksgiving) would serve a whole lot more people than the 4-6 noted in the original recipe. If you're only serving this with a protein and a veggie, then it might serve just 6 people. We had lots left over. The original recipe added a dash of cayenne; we didn't use it - but you can.

1. Heat oven to 450° F and arrange rack in the middle of the oven.
2. While oven heats, place pecans on a baking sheet to toast until they smell nutty and are slightly darker, about 5 minutes. Remove from oven and set aside.
3. Place sweet potatoes on a baking sheet, drizzle with oil. Season well with salt and freshly ground black pepper, and toss to coat. Roast until golden brown and tender when pierced with a knife, about 40 to 45 minutes. You may leave these in pieces, or mash to make a puree, place in casserole dish to keep warm. To do it as in the picture, spoon the potatoes in thick rows and create a slight crevice between each. Add the hot maple sauce when it's served.
4. Sauce: melt butter in a small saucepan over medium heat. When it foams, stir in maple syrup (and the dash of cayenne if you choose) and let cook briefly, about 1 minute. Serve sweet potatoes with a drizzle of maple butter and a scattering of pecans.

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Per Serving (excluding unknown items): 295 Calories; 16g Fat (48.1% calories from fat); 3g Protein; 37g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 17mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 3 Fat; 1/2 Other Carbohydrates.