



Apple Glazed Sweet Potatoes

So easy, just simmer sweet potato slices in juice and serve.

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Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

2½ cups unsweetened 100% apple juice

½ teaspoon ground cinnamon

¼ teaspoon salt

2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

Nutrition information per serving:
Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg

Zucchini Sauté

This vegetable side dish tastes lively and is fast to fix.

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Makes 5 servings.

1 cup per serving.

Prep time: 10 minutes

Cook time: 5 minutes

Ingredients

1¼ pounds zucchini (about 3 medium zucchini)

½ teaspoon olive oil

1 tablespoon dried oregano

2 cloves garlic, finely chopped

1 teaspoon grated lemon peel
1 tablespoon grated Parmesan cheese

¼ teaspoon ground black pepper

Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving:
Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg