

Honey Butter Potatoes



- 2 1/2 lbs. sweet potatoes or yams, peeled and diced into 3/4-inch to 1-inch pieces
 - 5 Tbsp unsalted butter, diced into 1 Tbsp pieces and melted
 - 3 Tbsp honey
 - 1 tsp cinnamon
 - 1/2 tsp salt, or to taste
1. Preheat oven to 350 degrees. Spray a 13 by 9-inch baking dish with non-stick cooking spray.
 2. In a small mixing bowl whisk together melted butter, honey, cinnamon and salt.
 3. Place sweet potatoes in baking dish, pour honey butter mixture over top and toss well to evenly coat.
 4. Spread into an even layer (they will overlap) and bake in preheated oven until soft, tossing at 17 minutes and again at 34 minutes (twice during baking), about 50 - 55 minutes total.