

# Shopping List

Purple sweet potatoes

Butter

Honey

lemon



Check out our recipe blog at  
[www.communityfoodcoop.wordpress.com](http://www.communityfoodcoop.wordpress.com)  
You can sign up to receive recipes periodically via email or RSS feed.

*Community*  
**FOOD CO OP**  
Bellingham's Natural Grocer

### Downtown Store

1220 N Forest Street  
Bellingham, WA 98225  
Open Daily 7am-10pm

### Cordata Store

315 Westerly Road  
Bellingham, WA 98226  
Open Daily 7am-9pm

Phone: 360.734.8158

[sassysampler@communityfood.coop](mailto:sassysampler@communityfood.coop)

[www.communityfood.coop](http://www.communityfood.coop)

Source: [www.epicurious.com](http://www.epicurious.com)

Printed on FSC certified, 100%  
post-consumer recycled paper

## Roasted Sweet Potatoes with Honey Glaze



*Community*  
**FOOD CO OP**

# Roasted Sweet Potatoes with Honey Glaze

## INGREDIENTS

2 1/4 pounds purple sweet potatoes (or any sweet potato), peeled and cut into 1 1/2-inch pieces (about 7 cups)

6 T butter or margarine (3/4 stick)

3 T honey

1 t fresh lemon juice

Salt and pepper

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Arrange sweet potatoes in 13x9 glass baking dish.
3. Stir butter, honey, and lemon juice in a small saucepan over medium heat until butter melts.
4. Pour butter mixture over sweet potatoes and toss to coat.
5. Sprinkle generously with salt and pepper.
6. Bake sweet potatoes until tender when pierced with a skewer, stirring and turning occasionally, about 50 minutes.



[www.communityfoodcoop.wordpress.com](http://www.communityfoodcoop.wordpress.com)

Makes 6 servings