

Simple Skillet Sweet Potatoes

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Makes 3 cups | Active Time: 10 minutes | Total Time: 30 minutes

Step 1: Preparing the potatoes

- 4 medium-large sweet potatoes
- Wash, peel and cut sweet potatoes into medium dice.

Step 2: Cooking the potatoes

- 1 Tbsp vegetable margarine or coconut oil
- In a heavy skillet melt margarine/oil.
Add sweet potatoes and stir to coat.

Step 3: Adding the flavorings

- 1/4 cup maple syrup
 - 1/4 cup sugar
 - 1/3 cup orange juice
 - 3/4 cup diced pineapple
 - Your favorite spices to taste (recommended: cinnamon, clove)
 - Optional: vanilla extract to taste
- Add sweeteners, spices, and optional vanilla.
Bring to a boil. Cover, reduce heat, and simmer until tender, about 20 minutes.