



Caramelized Sweet Potatoes

Makes: 4 servings

Prep Time: 10 minutes Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients

- 2 large sweet potatoes, about 1³/₄-2 pounds total
- 1/4 cup water
- 1 tbsp extra virgin olive oil
- 1 tbsp butter
- 2 tbsp honey
- 1 tsp ground coriander
- 1/2 tsp kosher salt, plus more to taste
- fresh finely chopped parsley for garnish, if desired.

Instructions

Peel sweet potatoes and cut into 1/2-inch cubes. (You can also leave them unpeeled if you prefer a more rustic taste and look. I left mine unpeeled.)

Combine all ingredients in a large skillet with a lid. With cover off, bring mixture to a boil over medium-high heat. Stir well. Reduce heat to a maintain a steady simmer, then cover and cook for 3 minutes.

Remove cover, increase heat to medium and cook, stirring occasionally, until liquid has evaporated and potatoes are tender, golden and caramelized. This will take around 4-6 minutes. If liquid evaporates and potatoes are not tender, add a few tablespoons of water and continue cooking and stirring till tender. You want them tender, but not mushy.

Garnish with fresh, chopped parsley, if desired.