

MAPLE NUT SWEET POTATOES

2/29-oz. cans sweet potatoes, drained

OR

About 4 # fresh sweet potatoes (yams), boiled, peeled, and cut into large chunks

1 medium to large ripe pear

1/2 cup walnuts, coarsely chopped

2 teaspoons cornstarch

2 teaspoons cool water

*3/4 cup maple syrup

1/2 teaspoon salt

1. Place sweet potatoes in casserole dish.
2. Peel and core pear and cut into 1/2" chunks. Scatter over sweet potatoes.
3. Scatter walnuts on top.
4. Mix cornstarch and cool water in a cup until smooth.
5. Put syrup in small sauce pan. Stir cornstarch mixture into syrup, then stir in salt. Bring mixture to boil, stirring constantly.
6. Drizzle syrup mixture evenly over the top. Cover with foil.
7. Bake at 350 degrees for 50 minutes. Remove foil last 10 minutes.

[To shorten oven time, microwave uncovered on "High" for 15 minutes. Then bake in oven at 350 degrees 10 minutes covered and 10 minutes uncovered.]

*Note: You can make 3/4 cup maple syrup by boiling 3/4 cup water and 3/4 cup granulated sugar, brown sugar, or coconut/palm sugar until well dissolved and adding 1 t. maple extract or flavor as it cools. For this recipe, stir in the combined corn starch and water and the salt before boiling the water and sugar. Stir constantly while bringing to a boil.