

Jamaican Sweet Potatoes

2 lbs. sweet potatoes, washed	½ c. brown sugar
1 tsp. orange rind, grated	2 T. butter
½ tsp. salt	1 T. lime juice
¼ tsp. ground white pepper	3 T. rum
¼ tsp. ground nutmeg	

Recipe By: Patty Paddock

RECIPE OF THE MONTH

Preheat oven to 400°. Bake the sweet potatoes for 1 hour. Peel when cooled; cut into ½-inch slices. In a baking dish, layer half of the slices; sprinkle half of the orange rind, salt, pepper, and nutmeg over slices. Repeat for a second layer. Heat the brown sugar, butter, lime juice, and rum in a pan over medium-low heat until sugar dissolves. Pour mixture over sweet potatoes. Reduce oven to 350° and bake for 40 minutes. Halfway through baking, use liquid in the bottom of the dish to baste the sweet potatoes. When finished baking, baste again. Let stand for 10 minutes before serving. Serves 4–6.



Created By: Deborah Eades
From: Chicago, IL
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Special Features: *What's Cookin' – Healthy Recipes for Every Season* offers a new take on traditional holiday favorites. The aptly named “Warming Winter Fare” category contains recipes perfect for the Thanksgiving table, with recipes such as “Yam and Pecan Salad” and “Acorn Squash with Wild Rice and Pecan Stuffing.” This cookbook’s custom tabbed dividers give it extra flavor, thanks to the photos and creative seasonal titles. Profits benefit Imerman Angels, a non-profit group supporting cancer fighters, survivors, and caregivers. Now, that’s something to truly be thankful for!

