

Orange Glazed Sweet Potatoes (Yams)

Here's a tasty but lighter variation of a traditional Thanksgiving Day side dish.

- 4 small to medium size sweet potatoes (yams preferred as they are sweeter)
- 2 T. butter
- 1 tsp. honey
- 2 T. fresh lemon juice
- 2 T. water
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- 1/2 tsp. salt
- 1/4 cup white raisins
- grated rind from one small orange

Preparation:

Peel the sweet potatoes (yams) and cut them in quarters. Place the quarters in a large saucepan, cover with water and cook until they are barely tender. Drain and set aside. Melt the butter in a large skillet over low heat. Add the honey and stir to blend well. Over medium heat, add the lemon juice and water, stirring constantly to blend well. Stir in the cinnamon, ginger and salt. Stir in the raisins and grated orange rind. Add the cooked sweet potato (yams) quarters. Spoon the glaze over the sweet potatoes (yams). Cover and cook over low heat for about 8 to 10 minutes.

Cranberry Sauce



- 2 pounds of fresh cranberries
- 1 1/2 cups of organic sugar in the raw
- 2 cups of fresh squeezed orange juice

Preparation:

Mix all of the ingredients together in a saucepan. Cook on low heat until the cranberries have split and softened, stirring constantly. Cool, then pour into a food processor. Puree, then push through a strainer or a food mill. Chill before serving.