

# Stuffed Sweet Potatoes with Maple Pecans and Cranberries

Prep Time: 5 minutes

Cook Time: 1 hour

Total Time: 1 hour, 5 minutes

Yield: Serves 6 to 8 people

## Ingredients:

3 large sweet potatoes, roasted

1 cup whole raw pecans

1 cup dried cranberries (preferably with no sugar added)

1 teaspoon ground cinnamon

¼ teaspoon ground cardamom

2 tablespoons of pure maple syrup



## Directions:

1. Preheat the oven to 400 degrees F.
2. Wash the sweet potatoes well and pat them dry.
3. Poke them several times with a fork and wrap them in aluminum foil.
4. Place potatoes on a baking sheet and roast them in the oven for 50 to 60 minutes, or until juices are seeping out and flesh is very soft (note: depending on the size and thickness of your sweet potatoes, the bake time will vary).
5. In a small non-stick skillet, add the pecans, cinnamon, cardamom and maple syrup and heat to medium.
6. Allow nuts to cook, stirring frequently, until most of the liquid is absorbed, nuts have darkened, and are coated in thick syrup, about 5 to 8 minutes. Note: be sure you monitor the nuts the entire time they are on the stove, because they burn easily!
7. Remove the nuts from the heat and set aside until ready to use.
8. When potatoes have cooled enough to handle, un-wrap them from the foil. Cut a long slit length-wise down the center, and stuff them with desired amount of candied pecans and cranberries.