

Crock Pot Sweet Potatoes-- kid friendly!

I'm always looking for new foods that will be tasty to my palate, but that my kids will still eat. This recipe is a compromise of an easy go-to baby food and a flavorful combination of sweets. The sweet potatoes turn out smooth in the crock pot and you don't have to worry about burned edges or the sugary syrup burning like when you cook sweet potatoes in the oven. I'd suggest serving this with something more bland- grilled chicken or tilapia maybe or even something easy like chicken nuggets or hot dogs. Any meal that can feed the masses and enjoyed by all is a winner in my household!

I like sweet potatoes almost any way they are prepared. At Thanksgiving, I love the marshmallows crisped to a sweet burn up on top; I love the Hawaiian dish made with crushed pineapple and coconut milk and I also love tzimmes (do a search on my site for the recipe!). Today's recipe is similar to tzimmes, but a better take on the old world concoction. This is a little lighter and the little oranges have a sweeter flavor.

Serve this to your whole family and even if your kids want to dip the potatoes in ketchup (like mine sometimes do), remember that they are getting lots of great vitamins and nutrients from this delicious, vegetarian side dish!

4 sweet potatoes, peeled and chunked

1 can (11 oz.) mandarin oranges in juice (not syrup) DO NOT DRAIN

3 T. honey

Coat crock pot in non-stick spray. Dump in sweet potatoes.

Pour oranges and juice on top of potatoes. Drizzle honey over everything. Cover and cook on high for 3 hours.