**Cinnamon Ginger Sweet Potatoes**

***Ready in 20 minutes • Makes 6 servings***

• 1 cup low-sodium chicken broth• 1/2 onion, diced• 1 1/2 tbsp ginger, minced• 4 cloves garlic, chopped• 6 medium sweet potatoes, peeled and cut into cubes• 1 tsp cinnamon• 1 tbsp honey• Sea salt and pepper to taste

**1.** Heat a large skillet on medium high heat, add 1 tbsp of broth and sauté onions until soft.

**2.** Add ginger and garlic and mix together with onions.

**3.** Add sweet potatoes, cinnamon, honey and remaining broth. Stir and let simmer until potatoes are tender (about 15 minutes).

**4.** Season with salt and pepper. Serve hot.

**NUTRIENTS PER SERVING:**Calories: 141, Total Fats: 0 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 54 mg, Total Carbohydrates: 32 g, Dietary Fiber: 4 g, Sugars: 12 g, Protein: 3 g, Iron: 1 mg