



## Grilled Sweet Potatoes

**Yield:** 5 servings

### Ingredients:

- 4 large sweet potatoes
- 1 teaspoon pepper
- 1/4 cup (1/2 stick) light butter, melted



### Directions:

1. Preheat the grill for 20 minutes or until all coals are uniformly ashy gray in color.
2. Scrub the sweet potatoes under running water with a vegetable brush.
3. Cut into 1/2 -inch slices. Brush one side with the butter and sprinkle with the pepper.
4. Arrange brushed side down on a grill rack and repeat the process on the remaining side.
5. Grill for 20 minutes, turning and brushing with the remaining butter until the sweet potatoes are soft when pricked with a fork.

**Nutrition Facts:** Calories, 177; Total Fat, 5 g; 24% Calories from Fat; Cholesterol, 16 mg; Fiber, 1 g; Sodium, 73 mg; Carbohydrates, 32 g; Protein, 2 g

**Source:** University of Kentucky Extension

