

A close-up photograph of a skillet filled with cubed sweet potatoes. The potatoes are coated in a thick, orange-brown maple glaze and topped with a generous layer of white panko bread crumbs. Fresh green herbs, likely parsley, are scattered on top. The skillet has a brass handle and is set against a dark, textured wooden background.

# Maple Glazed Sweet Potatoes

vegetarian, gluten-free; serves 6

2 pounds sweet potatoes,  
peeled and cut into 1" pieces

¼ cup sunflower oil

¼ cup maple syrup

2 Tablespoons rice vinegar

1 Tablespoon low-sodium tamari

½ teaspoon sea salt

½ cup panko bread crumbs

1 Tablespoon unsalted **Organic Valley**  
butter

Pinch of sea salt

2 Tablespoons minced parsley

1. Preheat oven to 350° F.
2. In a medium sized mixing bowl, whisk together maple syrup, oil, tamari, and sea salt. Add chopped sweet potatoes and toss to coat.
3. Place potatoes in a large enough baking dish to create a shallow layer. Cover with tin foil and bake for 30 minutes or until sweet potatoes are almost tender. Remove foil and gently stir. Continue baking until tender and liquid has reduced.
4. Meanwhile, heat butter in small skillet over medium heat. Add panko and sea salt. Stir until bread crumbs are golden. Transfer to a baking sheet to cool.
5. Once sweet potatoes are tender, sprinkle with panko and parsley. Serve immediately.