

### **Yams/Sweet Potatoes and Carrots a l'Orange**

- \* 2 cups thinly sliced sweet potatoes
- \* 1 cup thinly sliced Michigan carrots
- \* 1 teaspoon orange peel, grated
- \* 1 teaspoon lemon juice
- \* 1 teaspoon cornstarch
- \* 1 tablespoon water
- \* 1 tablespoon slivered almonds or pecan pieces

Boil or steam sweet potatoes and carrots until tender throughout. When they are almost finished cooking, heat orange peel and lemon juice. Dissolve the cornstarch in 1 tablespoon water and add to orange mixture. Continue to heat, stirring until thickened. Remove vegetables from pan and place in serving dish. Drizzle orange sauce over it and sprinkle nuts on top. Makes 4 dinner servings.