

SWEET POTATO POLENTA CAKES

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 2 cakes)

Nutrition (per serving)

Calories: 154

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 30 mg

Total Carbohydrate: 27 g

Dietary Fiber: 2 g

Protein: 2 g

Ingredients

- 2 medium sweet potatoes, scrubbed clean
- 2 cups cooked polenta/cornmeal (about $\frac{3}{4}$ cup dry), cook according to package directions (choose gluten free for GF version)
- 2 Tablespoons brown sugar
- 1 teaspoon ground cinnamon
- Cooking spray
- 1 $\frac{1}{2}$ Tablespoons tub margarine
- 1 $\frac{1}{2}$ Tablespoons brown sugar
- $\frac{1}{4}$ cup pecans, chopped
- $\frac{1}{4}$ cup raisins



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Directions

1. Preheat oven to 350 degrees Fahrenheit. Wrap potatoes in foil and place in oven for 45 minutes to 1 hour, or until soft. Once cooled, peel the skin off and add flesh to a medium bowl.
2. To the sweet potato, add the cooked polenta, brown sugar and cinnamon and stir to combine.
3. Spread flat onto cookie sheet (1/4 inch thick), leaving about 1-2 inches from the side. Cover and refrigerate overnight.
4. Using the top of a circular drinking glass (or a cookie cutter), cut into cakes and place on a clean cookie sheet sprayed with cooking spray.
5. Melt margarine and brown sugar for 10 seconds in the microwave and mix together. Brush the cakes with mixture and bake for 7 minutes.
6. Turn oven to broil and place cookie sheet on broiling rack for 1-2 minutes, until lightly browned or edges are slightly crispy.
7. Top with each cake with pecans and raisins and drizzle with remaining brown sugar and margarine mixture.