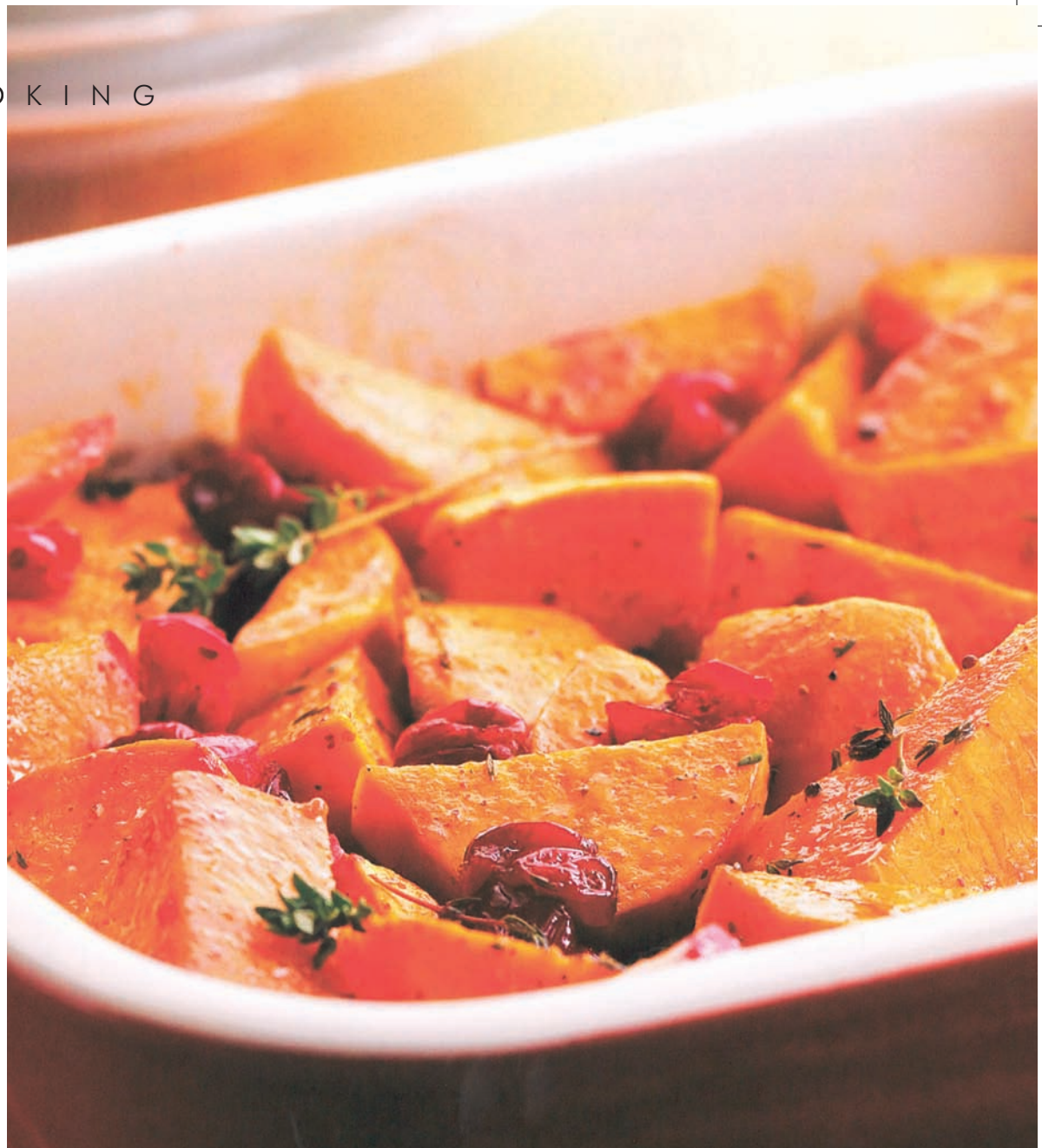


Sweet potatoes and cranberries always have a place at the Thanksgiving table. This stunning combination of the two essentials is deliciously seasoned and full-flavored.



Sweet Potato and Cranberry Bake

Yields 6 servings

2 tablespoons coarse-grain mustard	¼ teaspoon freshly ground black pepper
1 tablespoon extra-virgin olive oil	2 pounds sweet potatoes, peeled and cut into 1½-inch chunks
1 tablespoon honey	½ cup fresh cranberries
1 tablespoon lemon juice	Fresh thyme sprigs (optional)
2 teaspoons chopped fresh thyme	
¾ teaspoon kosher salt	

Preheat oven to 350 degrees. In a large bowl, combine mustard, olive oil, honey, lemon juice, thyme, kosher salt and pepper.

Add the sweet potatoes; toss to coat. Gently stir in the cranberries. Transfer sweet potato mixture to a 2-quart rectangular baking dish; spread into an even layer.

Bake, covered, about 1¼ hours or until sweet potatoes are tender, stirring once. Uncover and bake about 10 minutes more or just until sweet potatoes are starting to brown. If desired, garnish with thyme sprigs before serving.

From "The Sonoma Diet Cookbook."