

## **GRILLED ORANGE SWEET POTATOES**

### Ingredients

1 sweet potato, cut lengthwise into 4 wedges per potato  
1 tsp. expeller pressed Coconut oil  
Coconut oil for grill or grill pan (I use a cast iron grill pan on top of my range)  
3 Tbsps. orange juice (perhaps try some tangerine juice!)  
2 Tbsps. water  
2 Tbsps. honey  
1 clove garlic, finely chopped

### Instructions

Place potatoes in a steamer basket over boiling water. Cover pan and steam 10 minutes, or until tender. Brush with oil, if desired. Oil grill or grill pan with coconut oil. Place potatoes, cut sides down on grill. Combine remaining ingredients in a bowl. Grill potatoes 5 minutes on each side, or until tender, basting with orange juice mixture.