



Can You Drink Wine & Lose Weight?

The New Sonoma Diet

www.SonomaDiet.com

Research shows drinking wine boosts longevity and promotes heart health... but can it help you lose weight? Innovative plan actually encourages you to "sip while you shrink".

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RECIPES FOR HEALTH

Maple Pecan Sweet Potatoes



Andrew Scrivani for The New York Times

By MARTHA ROSE SHULMAN
Published: January 24, 2011

Lime juice and maple syrup bring sweet, tangy flavors to these sweet potatoes. They taste even better the day after you make them.

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Martha Rose Shulman presents food that is vibrant and light, full of nutrients but by no means ascetic, fun to cook and to eat.

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Remove from the heat and serve, or allow to cool slightly before serving.

Yield: Serves four.

Advance preparation: You can make this a day ahead of serving. Reheat in a nonstick skillet until the sweet potatoes caramelize.

Nutritional information per serving: 285 calories; 5 grams fat; 0 grams saturated fat; 0 milligrams cholesterol; 57 grams carbohydrates; 9 grams dietary fiber; 140 milligrams sodium (does not include salt to taste); 5 grams protein

Martha Rose Shulman is the author of "The Very Best of Recipes for Health."

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