Candied Yams

Ingredients:
- 4 very large sweet potatoes/yams (they're not the same, but either would work)
- 1/2 cup Earth balance
- 1/4 cup Sucanat (from Whole Foods) or another healthy sweetener, date sugar, or stevia.
- 1 tablespoon molasses
- 1 tablespoon lemon juice
- Juice from half of an orange
- 1 bag vegan marshmallows (this can be found at Whole Foods in Hillcrest, it is called Dandies)

Instructions:
1. Put a giant pot of water on to boil. Rough chop and peel the sweet potatoes –Toss all the taters in the boiling water and cook until they soften up, but not until they're done through! About 10 minutes or so.
2. While the taters are cooking, put all the other ingredients (except the marshmallows) into a big mixing bowl. Oil a 9×13-inch casserole dish. When the taters are done and drained, add them to the mixing bowl and stir to thoroughly combine. The taters will mush up a bit, which is exactly how you want them. Transfer this mixture to the casserole dish and then cover with the marshmallows.
3. You can make this ahead of time and stop here, covering with foil and then refrigerating up to 48 hours. When you're ready to cook, preheat the oven to 375 and bake the pan uncovered for 20-30 minutes. The marshmallows should get good and browned and the sweet potato filling should be sizzling.

Baked Holiday Acorn Squash

Ingredients:
- 1 Acorn squash cut in crescents, steam until soft, set aside
- 1 Tbsp fresh lemon juice
- 1 tsp ginger powder
- 1 tsp sea salt
- 1 cup brown sugar (or alternative)
- 1/4 lb smart beat margarine (or earth balance)
- 1/2 tsp paprika
- 1/2 tsp coriander

Instructions:
1. Place all ingredients except squash into small pan, heat until mixture is well blended.
2. Lightly oil baking dish and place squash in baking dish, including small amount of water it was steamed in.
3. Pour mixture over squash and allow it to marinate for 2 hours in room temperature or longer, refrigerated.
4. Bake at 350 deg. with cover or foil for 30mins, then uncover until brown or to your taste.