

Apples and Sweet Potatoes

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Ingredients:

- 4 medium sweet potatoes
- 2 large apples (or 3 medium apples) cored and cut into ¼-inch rings
- 1/2 c. orange juice
- 1/4 c. brown sugar
- 1/2 tsp. cinnamon
- 2 Tbsp. margarine

<http://www.ext.nodak.edu/extnews/newsrelease/2004/101404/03prairi.htm>

Directions:

- Boil water, add potatoes and cook until tender. Remove skin and cut into 1/4-inch slices. (Alternatively, potatoes can be baked until tender.) Layer the potatoes in the bottom of a large baking dish. Top with a layer of apples. Pour the orange juice over the potatoes and apples. Mix the sugar and cinnamon, and sprinkle over the apples. Dot the casserole with margarine. Bake uncovered at 350 degrees until apples are tender, about 30 minutes.

Makes 8 servings. Each serving has 160 calories, 3 grams of fat, 32 grams of carbohydrate, 3.5 grams of fiber and a full day's supply of vitamin A as beta carotene.

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SERVICE