

Baked Apples and Sweet Potatoes

Ingredients:

- 5 cooked sweet potatoes
- 4 medium apples
- 1/2 c. brown sugar
- 1/2 tsp. salt
- 1/4 c. margarine
- 1 tsp. nutmeg
- 1/4 c. hot water
- 2 Tbsp. honey

Directions:

1. Boil the sweet potatoes in water until they are almost tender.
2. After the sweet potatoes cool, peel and slice them.
3. Preheat the oven to 400 degrees.
4. Grease the casserole dish with butter or margarine.
5. Peel the apples, remove the cores and slice.
6. Put a layer of sweet potatoes on the bottom of the dish. Add a layer of apple slices. Add some sugar, salt and tiny pieces of margarine to the apple layer.
7. Repeat the layers of sweet potatoes, apples and sugar/salt.

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Directions Continued:

8. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces. Sprinkle the top layer with nutmeg.
9. Mix the hot water and honey together. Pour the mix over the top layer.
10. Bake for 30 minutes until apples are tender.

Makes 6 servings. Per serving: 300 calories, 8 grams (g) fat, 59 g carbohydrate, 6 g fiber and 310 percent of the daily recommendation for vitamin A (as beta carotene).

Recipe source: Pennsylvania Nutrition Network

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