



Baked Apples and Sweet Potatoes

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

5 cooked sweet potatoes

4 apples

1/2 cup brown sugar

1/2 teaspoon salt

1/4 cup soft margarine in a cup

1 teaspoon nutmeg

1/4 cup hot water

2 Tablespoons honey

Directions:

1. Boil 5 sweet potatoes in water until they are almost tender.
2. After the sweet potatoes cool, peel and slice them.
3. Peel the apples. Remove the cores, and slice the apples.
4. Preheat the oven to 400 degrees.
5. Grease the casserole dish with butter or margarine.
6. Put a layer of sweet potatoes on the bottom of the dish.
7. Add a layer of apple slices.
8. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
9. Repeat steps 6, 7, and 8 to make more layers of sweet potatoes, apples, and sugar/salt.
10. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces.
11. Sprinkle the top layer with nutmeg.
12. Mix the hot water and honey together. Pour the mix over the top layer.
13. Bake for about 30 minutes until apples are tender.



Nutrition Facts: Calories, 300; Calories from fat, 70; Total fat, 8g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 0mg; Sodium, 320mg; Total Carbohydrate, 59g; Fiber, 6g; Protein, 2g; Vitamin A, 310%; Vitamin C, 10%; Calcium, 6%; Iron, 6%.

Source: Adapted from: Pennsylvania Nutrition Education Network Website Recipes, USDA, Snap-ed Connection.



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