

Baked Apple & Sweet Potato Casserole

Ingredients:

Non-stick cooking spray
 5 sweet potatoes
 4 apples, diced
 1/2 cup brown sugar
 1/4 cup margarine, melted
 1/2 teaspoon nutmeg
 1/4 cup hot water
 2 tablespoons honey

Equipment:

Vegetable brush
 Cutting board
 Knife
 Microwave safe dish or saucepan
 Large baking dish
 Measuring cups
 Measuring spoons

Serves: 6
 Prep Time: 15 minutes
 Total Time: 45 minutes

Directions

1. Preheat the oven to 400°F. Spray a large baking dish with cooking spray. Set aside.
2. Wash sweet potatoes with a vegetable brush, and use a knife and cutting board to cut into potato into small pieces. Add to large baking dish.
3. Cut apples down the center and in half again, down the center. Cut out the core in the center of the apple and the seeds. Chop into small pieces, and add to baking dish with sweet potatoes, mixing them together.
4. In a small saucepan or microwave safe dish, melt margarine.
5. Add brown sugar, melted margarine, nutmeg, hot water and honey, and mix well.
6. Pour mixture evenly over sweet potatoes and apples.
7. Put in hot oven and bake for about 45 minutes until sweet potatoes and apples are tender.

***To shorten baking time to 10 minutes, Cook apples and sweet potatoes on high for 10 minutes or until tender. Remove from microwave oven, and add brown sugar mixture. Open and serve.**

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Nutrition Facts

Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 305	Calories from Fat 72
%Daily Value*	
Total Fat 8g	13%
Saturated Fat 2g	8%
Cholesterol 0mg	0%
Sodium 108mg	5%
Total Carbohydrate 58g	19%
Dietary Fiber 6g	23%
Protein 2g	4%
Vitamin A 442%	Vitamin C 50%
Iron 6%	Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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