

## Apple and sweet potato skillet

Number of servings: 3  
 Preparation time: 12 minutes  
 Total time: 20 minutes

### Ingredients:

- 1 pound sweet potato
- 2 apples
- 2 tablespoons olive oil
- ½ cup water
- ¼ teaspoon salt and pepper
- 1 tablespoon of sage

### Equipment Needed:

Cutting board  
 Knife  
 Peeler  
 Skillet  
 Wooden spoon  
 Measuring spoons and cup

### Directions

- Clean and peel potatoes. Cut into slices about ¼ inch thick. Clean, peel, and core apples. Cut into chunks.
- Pour oil in the skillet. Place potato and apple pieces in a single layer in the bottom of the pan. Cover with water and bring to a boil. Cover the skillet and let it boil until most of the water evaporates and potatoes are soft (about 8 minutes)
- Remove the cover and continue to cook on medium heat. Turn the potatoes until they are brown on both sides.
- Sprinkle with salt, pepper and torn sage leaves. Serve hot.



**Sweet potatoes are  
 an amazing source of  
 vitamin A! Your eyes  
 will thank you.**

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### Nutrition Facts

Serving Size: 1 cup	
Recipe makes 3 servings	
<b>Calories 249</b>	
Calories from Fat 34	
<b>Amount Per Serving</b>	<b>%DV</b>
Total Fat 10g	15%
Saturated Fat 1g	7%
Monounsaturated Fat 7g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 134 mg</b>	7%
<b>Potassium 330 mg</b>	9%
<b>Total Carbohydrate 41g</b>	14%
Dietary Fiber 6g	23%
Protein 2g	4%
Vitamin A	219%
Vitamin C	50%

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