

Sweet Potatoes and Apples

Ingredients:

Non stick cooking spray
 3 sweet potatoes
 3 apples, peeled and sliced
 1/4 cup raisin
 1/3 cup orange juice, or pineapple
 2 teaspoons brown sugar, packed
 1 teaspoon cinnamon

Equipment:

Cutting board
 Knife
 8x8 baking dish
 Measuring cups
 Measuring spoons

Number of Servings: 8
 Prep Time: 10 minutes
 Total time: 30 minutes

Directions

1. Preheat oven to 350°F. Spray 8" baking dish with cooking spray.
2. Wash sweet potatoes and cut in half. Lay flat on cutting board, and cut in half again. Cut into slices and add to baking dish.
3. Wash apples. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices. Add to baking dish.
4. Sprinkle with raisins.
5. In separate bowl, mix orange juice and brown sugar together until sugar dissolves; pour over fruits and vegetables. Sprinkle with cinnamon.
6. Cover with aluminum foil and bake at 350°F for 20 minutes. Remove foil and bake for 10 minutes longer until potatoes are tender and cooked through.

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Nutrition Facts

Serving Size: 1/2 cup
 Servings: 8

Amount Per Serving		Calories from Fat 9	
Calories	104	%Daily Value*	
Total Fat	trace 1g	1%	
Saturated Fat	trace 1g	0%	
Cholesterol	0mg	0%	
Sodium	7mg	0%	
Total Carbohydrate	25g	8%	
Dietary Fiber	3g	13%	
Protein	1g	2%	
Vitamin A	197%	Vitamin C	32%
Iron	3%	Calcium	2%

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

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