**Baked Apples & Sweet Potatoes**

**Prep Time:** 15 minutes  
**Total Time:** 45 minutes

**Ingredients**
- Nonstick cooking spray
- ¼ cup brown sugar, packed
- ¼ cup hot water
- 2 tablespoons butter, melted
- 1 teaspoon ground nutmeg
- 3 sweet potatoes, peeled and cubed
- 3 apples, cored and cubed

**Nutrition Facts**
6 servings per container  
**Serving size:** (167.42g)  
**Calories:** 160  
**% Daily Value:**
- **Total Fat:** 4g (5%)
- **Saturated Fat:** 0.5g (3%)
- **Trans Fat:** 0g
- **Cholesterol:** 10mg (3%)
- **Sodium:** 260mg (11%)
- **Total Carbohydrate:** 32g (12%)
- **Dietary Fiber:** 4g (14%)
- **Total Sugars:** 18g
- **Includes 6g of Added Sugars:** 12%
- **Protein:** 1g  

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*

**Directions**
- Heat oven to 400°F. Spray a baking dish with nonstick cooking spray.
- Combine brown sugar, water, butter, and nutmeg in a mixing bowl. Toss apples and sweet potatoes until well coated.
- Add sweet potato and apple cubes to the baking dish.
- Cook for 30 minutes or until apples and sweet potatoes are tender.

(Recipe adapted from: http://allrecipes.com.)

**Quick Tips**
- Granny Smith, Honeycrisp, or Pink Lady are great choices of baking apples.
- Use unsalted butter when cooking and baking. Unsalted butter has approximately 90 milligrams less sodium than salted butter.

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