

Baked Apples & Sweet Potatoes

Prep Time: 15 Minutes

Total Time: 45 minutes



Ingredients

- 1/4 cup brown sugar, packed
- 1/4 cup apple juice
- 1 1/2 tablespoons butter spread, melted
- 1 teaspoon ground nutmeg
- 3 apple(s), cored and cubed
- 3 sweet potato(es), peeled and cubed
- Nonstick cooking spray

Nutrition Facts	
6 servings per container	
Serving size	(178g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 21g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 340mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

- Wash hands.
- Heat oven to 400°F. Spray a baking dish with nonstick cooking spray.
- Combine brown sugar, apple juice, butter, and nutmeg in a mixing bowl. Toss apples and sweet potatoes in the mixture until well coated.
- Add apple and sweet potato cubes to the baking dish.
- Cook for 30 minutes or until apples and sweet potatoes are tender.
- **To prepare in a slow cooker**, add mixture to a pre-greased slow cooker. Cook on high for 3 hours or on low for 6 hours 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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