



Apple Sweet Potato Bake



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

5 cups thinly sliced sweet potatoes or yams (about 2 medium)

2 cups thinly sliced Granny Smith or baking apples (about two small)

¼ cup dark brown sugar, packed

2 tablespoons reduced-calorie pancake syrup

½ teaspoon ground cinnamon

½ cup Food Club Apple Juice or orange juice

¼ cup walnut pieces or chopped walnuts

NUTRITIONALS

Nutritional analysis per serving: :
calories 140, calories from fat 30,
total fat 3.5g, saturated fat 0g,
trans fat 0g, cholesterol 0mg,
sodium 30mg, total carbohydrate
28g, dietary fiber 3g, sugars 20g,
protein 2g, vitamin A 150%,
vitamin C 15%, calcium 4%, iron 4%

DIRECTIONS:

1. Preheat oven to 375°F.
2. In a large bowl, toss the sweet potatoes, apple slices and brown sugar together. Spoon into a 9x9-inch or similar-sized baking dish.
3. In a small bowl, blend syrup with cinnamon, then stir in the apple juice. Pour evenly over sweet potato mixture. Sprinkle walnuts over the top.
4. Cover baking dish with lid or foil and bake 40 minutes. Remove foil and bake about 15 minutes longer (or until apple and sweet potatoes are cooked throughout).

Source: WebMD, 2006

FOLD

visit unitedtexas.com for more recipe ideas