

# BAKED SWEET POTATOES & APPLES

## INGREDIENTS

- ¼ cup sugar
- ½ tsp ground cinnamon
- 3 medium sweet potatoes (peeled, cut crosswise into ¼-inch slices)
- 2 medium sweet apples (such as Rome Beauty or Gala), peeled, each sliced into 10 wedges
- 3 Tbsp light tub margarine

## DIRECTIONS

1. Preheat oven to 350°F. Lightly spray 11/2-quart glass casserole dish with cooking spray.
2. In a small bowl, stir together the sugar and cinnamon.
3. In casserole dish, layer in order half each of the sweet potatoes, apples and cinnamon-sugar mixture.
4. Dot with half the margarine. Repeat.
5. Cover and bake 1 hour, or until sweet potatoes and apples are soft.



*Courtesy of American Heart Association*

**Serves: 8 | Serving size: ½ cup**

**Nutrition Information:** Calories: 101; Total fat: 2g; Cholesterol: 0mg; Sodium: 61mg; Total carbohydrate: 21g; Dietary fiber: 3g; Sugars: 14g; Protein: 1g.