

## *RECIPE: 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 1½-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. Dot with half the margarine. Repeat.
4. Cover and bake 1 hour, or until sweet potatoes and apples are soft.



*Courtesy of the American Heart Association*