



## **Roasted Sweet Potatoes and Apples**

4 servings

Choose meals you can easily prepare when you're short on time. Save ones that take longer for days off or when family members are free to help.

- 2 medium sweet potatoes, scrubbed with clean vegetable brush under running water, peeled and cubed
- 1 fuji apple or other baking apple, scrubbed with clean vegetable brush under running water, chopped
- ½ Tablespoon vegetable oil
- 1 Tablespoon maple syrup
  - 1. Wash hands with soap and water.
  - 2. Preheat oven to 450 °F.
  - 3. Peel sweet potatoes. Cut the sweet potatoes in half lengthwise. Slice into ½ inch thick pieces.
  - 4. Core the apple. Cut into bite-sized chunks.
  - 5. In a 2-quart baking dish, add the sweet potatoes and apple. Drizzle vegetable oil over the mixture stirring to coat. Bake for 10 minutes.
  - 6. Remove from oven and stir. Bake 10 minutes. or until tender. Potatoes are tender when they can be pierced with a fork. If they are still hard, stir and return to oven. Check every 5 minutes until tender
- - 7. When the potatoes are tender, drizzle with maple syrup and stir.
  - 8. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per serving (Serving Size ½ cup): Calories 100, Total Fat 2g, Saturated Fat 0g Cholesterol Omg. Sodium 20mg. Total Carbohydrates 21g. Fiber 3g. Total Sugars 11g. includes 3g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 8%.

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