

# Try it “Tuesdays”

## Sweet Potato and Apple Bake

Makes: 6 (3/4 cup) servings

Preparation Time: 15 minutes

Cooking Time: 20-30 minutes

### Nutrition Facts

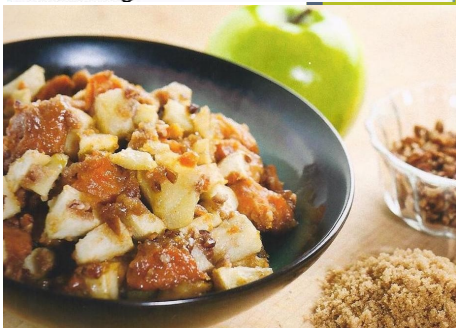
Serving Size 3/4 Cup (245g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 300	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 54g	<b>18%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 21g	
<b>Protein</b> 3g	

### Ingredients

- 2 (15 ounce) cans sweet potatoes, drained (saved 2 table-  
spoons of the liquid)
- 2 cups apples, peeled, cored and cut into bite size pieces  
(Granny Smith apples work well in this recipe)
- 2 tablespoons brown sugar
- 1/3 cup chopped pecans
- 2 tablespoons flour
- 2 tablespoons melted butter

### Directions

Preheat oven to 350 degrees F. Put sweet potatoes in a bak-  
ing dish. Add apples. Pour 2 tablespoons of the sweet po-  
tato liquid over the mixture. Mix brown sugar, pecans, flour,  
and melted butter together in a small bowl. Sprinkle over  
the top of the sweet potato/apple mix. Bake for 20 to 30  
minutes, until the top is golden brown and bubbly.



For more information, Contact your local EFNEP office