

Sweet Potatoes with Apple

- 3 large apples, thinly sliced
 - 1 Tbsp lemon juice
 - 1 ½ lbs sweet potatoes, peeled and sliced (long narrow ones if available; halved lengthwise if round)
 - 1 Tbsp reduced calorie margarine
 - ¼ cup apple juice or sweet cider
1. Coat apple slices with lemon juice.
 2. Spray a casserole with nonstick vegetable cooking spray. Layer potatoes and apples in casserole. Arrange the top in a pinwheel design.
 3. Dot with margarine. Pour juice over all. Cover. Bake at 350° for about 45 minutes.
 4. Uncover and bake for about 15 minutes or until potatoes are done.
- 8 Servings/Serving size: ½ cup

Nutrition Facts

Starch/Bread Exchange	1	Fat	1 gram (6%)
Fruit Exchange	1	Saturated fat	trace
Calories	157	Cholesterol	0 milligrams
Carbohydrate	35 grams	Fiber	6 grams
Protein	2 grams	Sodium	28 milligrams



Direct questions or comments to: Mary Beth Gurganus, LD/N, Jackson County Health Department, Healthy Communities, Healthy People Program, P O Box 310, 3045 4th Street, Marianna, Florida 32447, or email WellnessBuddy@doh.state.fl.us.