Dinner Tonight!
Baked Apples and Sweet Potatoes

5 cooked sweet potatoes, peeled and cubed
4 apples, peeled
1/2 cup brown sugar
1/2 tsp. salt
1/4 cup margarine
1 tsp. nutmeg
1/4 cup hot water
2 tablespoons honey

Preheat oven to 350 degrees. Spray casserole dish with non-stick cooking spray. Put a layer of sweet potatoes on the bottom followed by a layer of apples. Then, add some sugar, salt, and tiny pieces of margarine.

Repeat steps above and continue layering ingredients. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces. Sprinkle the top with nutmeg. Mix the hot water and honey together. Pour the mix over the top layer.

Bake for about 30 minutes or until apples are tender.

Preparation Time: 10 minutes
Bake Time: 30 minutes
Serves: 6

Nutrition Facts Per Serving:
Calories: 237
Total fat: 8 g
Cholesterol: 8 mg
Sodium: 236 mg
Total Carbohydrate: 58 g
Protein: 2 g