

Serves 5

Baked Batatas and Apples

2 medium batatas or sweet potatoes, peeled and cut into quarters
3 medium apples, peeled and cut
2 tablespoons tub margarine
1/4 cup brown sugar
1/2 teaspoon cinnamon
vegetable cooking oil spray

1. Wash, peel, and cut batatas in quarters. Drain and cut batatas into 1/4 inch slices.
2. Wash, peel, and cut apples in quarters, and then into 1/4 inch slices.
3. Mix brown sugar and cinnamon together and set aside.
4. Place half the batatas and apples in a baking dish coated with vegetable cooking spray.
5. Sprinkle with half the brown sugar and cinnamon mixture and margarine.
6. Layer the rest of batatas, apples, brown sugar mixture and margarine.
7. Cover and bake for 40 minutes.

Adapted from Morten's Recipe Collection.

Nutrition Facts: Serving size: about 1/2 cup; Calories: 150; Fruits and Vegetables: 1; Fat: 4.5 g; Fiber: 4 g

Hint:

- Serve as a vegetable with turkey, ham or pork.
- Add 1/2 cup chopped nuts or 1 tablespoon grated orange rind to the sugar and cinnamon for a crunchy and strong flavor.

U.S. Department of Agriculture cooperating. UMass Extension offers educational programs, materials and employment.

