

“Maple Apple Sweet Potatoes”

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This recipe makes a great Thanksgiving dinner side dish; and, a nice alternative to heavy candied yams. Serves 8

Ingredients:

- 1 1/2 pounds raw sweet potatoes (3-4 medium)
- 3 tart apples
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 tablespoon lemon juice
- 2 tablespoons water
- 1 cup maple syrup (not pancake syrup)
- 2 tablespoons butter

Preheat oven to 350 degrees. Butter sides and bottom of 2 1/2 – 3 qt casserole dish;* set aside.

Peel sweet potatoes as you would a regular baking potato. Slice in half lengthwise, then in quarters lengthwise. Slice quarters into 1/2 – inch slices. Peel, core and dice apples.** Alternate sweet potatoes and apples in prepared baking dish. Sprinkle with salt and cinnamon.

Whisk together lemon juice, water, syrup and cornstarch; pour over apples and potatoes; dot with butter. Cover and bake 45-60 minutes or until potatoes and apples are tender.

Notes:

* 9x13 pan is approximately 3 quarts.

** If desired; peel, core and slice 2 apples and prepare as directed above. Core and slice remaining apple. Arrange slices in flower pattern on top prepared sweet potatoes prior to baking.



Nutrition Facts	
Serving Size approx 3/4 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 25
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	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	9%
Cholesterol 10mg	3%
Sodium 230mg	9%
Total Carbohydrate 52g	17%
Dietary Fiber 5g	18%
Sugars 35g	
Protein 1g	
Vitamin A 240%	Vitamin C 8%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	