

# EASY | RECIPE

## Cran-Apple Sweet Potatoes

Here's a recipe with fresh, flavorful ingredients sure to please kids (and adults) of all ages.

- 3 medium **sweet potatoes**
- 3 **Granny Smith** or **Golden Delicious** apples
- ½ cup **dried cranberries**
- ¼ cup chopped **walnuts**
- ½ cup packed **brown sugar**
- 2 tbsp **margarine** (trans fat-free), melted
- ½ tsp **cinnamon**
- ½ tsp **nutmeg**

1. Preheat oven to 450°F.
2. Peel and cut potatoes and apples into ¼-inch thick bite-size pieces.
3. Combine potatoes, apples, cranberries and nuts and place on a sheet of heavy-duty aluminum foil.
4. Combine sugar, margarine and spices and drizzle over mixture on foil sheet.
5. Place a second sheet of foil over the food and double fold all sides, making a closed packet; leave enough space for air to circulate while cooking.
6. Bake 25-30 minutes on a cookie sheet. Serve hot. No messy dish to clean!



**Makes 5 cups. Per serving:**

336 calories | 2.7g protein | 9.3g fat | 64g carb | 4.3g fiber | 82mg sodium