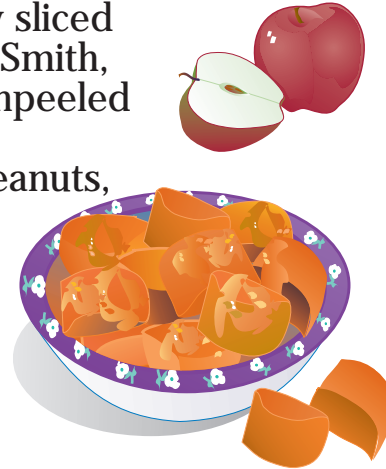


Sweet Potatoes & Apple Jubilee

Ingredients:

- 1 medium sweet potato, peeled and thinly sliced
- 1 medium slightly tart apple (e.g., Granny Smith, or Jonathan) cored and sliced, peeled or unpeeled
- 1 tablespoon raisins
- 1 tablespoon chopped unsalted pecans, peanuts, or sunflower kernels (optional)
- 1 tablespoon lemon juice
- 1 tablespoon orange juice
- 1/4 teaspoon ground cinnamon



Amount Per Serving	
Calories 160	Calories from Fat 25
% Daily Values*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	13%
Sugars 21g	
Protein 2g	
Vitamin A 270%	Vitamin C 40%
Calcium 2%	Iron 4%
*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	

Preparation:

1. Alternate layers of sweet potato and apple slices in a baking dish. Top with raisins and nuts.
2. Pour juices over top and sprinkle with cinnamon.
3. Cover and bake at 375°F for 30-40 minutes or until tender, but not mushy. Stir to mix part way through cooking, if possible. This dish cooks very well in a microwave — usually in about 5-7 minutes. If microwaving, be sure to stop halfway through to stir and rotate baking dish.

Makes two 3/4 cup servings