BAKED APPLE AND SWEET POTATO

Individual ramekins of baked apple and sweet potato

METHOD:
Preheat oven to 350F degrees. Peel and slice sweet potatoes and apples and place in bowl. Set aside until ready for use.

Sparingly grease 4 oz ramekins with some of the butter and sprinkle some of the brown sugar in the bottom. Add flour, cinnamon, and brown sugar to the sliced sweet potatoes and apples. Place slices in ramekins. Dot with remaining butter and bake for 45 minutes. Turn out of ramekins and serve with entree.

INGREDIENTS:

<table>
<thead>
<tr>
<th>2 each</th>
<th>Sweet Potatoes</th>
<th>6 Tbsp</th>
<th>Dark Brown Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 each</td>
<td>Red Apples</td>
<td>2 - 1/4 tsp</td>
<td>Cinnamon, Ground</td>
</tr>
<tr>
<td>2 - 1/4 tsp</td>
<td>All Purpose Flour</td>
<td>2 - 1/4 tsp</td>
<td>Butter, Unsalted</td>
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CHEF’S NOTES:
Can be made in a casserole dish instead of individual ramekins. Try different apples for this recipe, a tart apple such as granny smith will be nice as well.

CALORIES (kcal): 140
PROTEIN (g): 1
SUGAR (g): 22
TOTAL FAT (g): 1.5
SODIUM (mg): 20
SAT FAT (g): 1
DIETARY FIBER (g): 3