

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Roasted Sweet Potatoes and Apples

From Mothering Magazine – May/June 2006

Serves 4-6

3 large sweet potatoes, peeled, cut in half lengthwise, and sliced crosswise, ¼-inch thick

1 tbsp canola oil

4 medium-crisp apples, peeled, cored and cut in eighths

¼ cup maple syrup

ground cinnamon, nutmeg, and salt to taste

1. Preheat oven to 425° F. Lightly oil a rimmed baking sheet (line with foil for easy clean-up).
2. In mixing bowl, toss sweet potatoes with oil. Transfer to prepared pan. Bake 15 minutes, stirring after first 10 minutes.
3. Add apples. Drizzle with maple syrup. Sprinkle with small amount of cinnamon, nutmeg, and salt to taste, and stir together carefully.
4. Bake, stirring occasionally, for another 15 minutes or until fork-tender and lightly browned here and there. Serve immediately.