

Sweet Potato Apple Salad

Prep time: 20 minutes/ Bake time: 45 minutes

Serves: 4

Ingredients:

5 cups	Sweet potato, cubed
1 cup	Onion, chopped
¼ cup	Brown sugar
¼ cup	Orange juice
2 tablespoons	Vegetable oil
3 cups	Apples, cubed (1 inch)



Directions:

1. Preheat oven to 350 degrees.
2. Combine sweet potato and onion in a 13 x 9 inch baking dish.
3. Combine brown sugar, orange juice, and oil. Pour over sweet potatoes.
4. Cover with tin foil and bake for 30 minutes.
5. Stir in apple and bake for another 15 minutes.

Mashed Sweet Potatoes

Prep Time: 15 minutes/ Cook time: 30 minutes

Serves: 6

Ingredients:

6	Sweet potatoes, peeled and cubed
¾ cup	Milk
½ cup	Butter or margarine



Directions:

1. Bring a large pot of salted water to a boil.
2. Add potatoes and cook until soft (20-30 minutes)
3. Using a fork or potato masher, mash softened potatoes. As you mash, add the milk slowly.
4. Add butter or margarine to taste and blend until smooth. Serve warm.