

## Golden Apples and Yams

### 6 Servings

#### Ingredients:

- 2 large yams or sweet potatoes
- 2 Golden Delicious apples, cored and sliced crosswise into rings
- ¼ cup brown sugar, firmly packed
- 1 tsp. cornstarch
- ¼ tsp. ground cloves
- ½ cup orange juice
- 2 tbsp. pecans or walnuts

#### Directions:

1. Heat oven to 400 degrees.
2. Bake yams 50 minutes or until soft, but still retains shape.\*
3. Cool yams until they can be handled.
4. Reduce heat to 350 degrees.
5. Peel and slice yams crosswise.
6. In shallow 1-quart baking dish, alternate apple rings and yam slices, overlapping their edges slightly.
7. In small saucepan, combine sugar, cornstarch and cloves. Stir in orange juice and blend.
8. Heat orange juice mixture, stirring until thickened. Pour over apples and yams.
9. Top casserole with nuts and bake 20 minutes or until apples and yams are tender.

\*Yams can also be baked in microwave.

#### Nutrition Facts:

Calories: 165  
Fiber: 3g  
Sodium: 9mg  
Cholesterol: 0mg

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