

Golden Apples and Yams

Makes 6 servings.

Ingredients:

2 Yams (large) or sweet potatoes
2 Golden Delicious apples, cored and sliced crosswise into rings
¼ cup firmly packed brown sugar 1 teaspoon cornstarch
⅛ teaspoon ground cloves ½ cup orange juice
2 Tablespoons pecans or walnuts

Directions:

1. Heat oven to 400 °F.
2. Bake yams 50 minutes or until soft, but still retains shape. (This can also be done in microwave.)
3. Cool yams until they can be handled.
4. Reduce oven to 350 °F.
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.

Nutritional Facts (per serving)

Calories: 165

Fiber: 3 g

Sodium: 9 mg

Cholesterol: 0 mg