



RECIPE NAME: Sweet Potato and Cranberry Saute **FROM THE KITCHEN OF:** Mrs. Tang & Dr. Steinmetz who taught the Dietetic Students in Foods Labs

INGREDIENTS:

1 and 1/4 cup apple juice or apple
cider
1 lbs sweet potatoes, peeled and cut
into 1/4 inch slices
1 cup chopped apple
2 Tbsp dried cranberries
1/4 cup maple syrup
1/4 Tsp salt
2 Tbsp chopped hazelnuts or walnuts,
toasted

INSTRUCTIONS:

In a large skillet, heat apple juice to simmering. Add sweet potatoes, spreading evenly. Cook, covered over medium-low heat about 12 min or until nearly tender. Stir in apple, cranberries, maple syrup, and salt. Cook, covered, over low heat for 3-4 min or just until apples are tender. Uncover; boil about 4 more min or until liquid is syrupy. Sprinkle with nuts and enjoy!

