



Sweet Potato and Apple Casserole

2 medium sweet potatoes
1 1/2 tablespoons unsalted butter, softened
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon ground allspice
3 Granny Smith apples, peeled, cored, and cut into 1/2-inch rings
2 tablespoons sugar-free maple syrup

Preheat oven to 350 degrees. Place the sweet potatoes on a piece of aluminum foil and roast until they can be easily pierced with a fork, about 1 hour. Let cool slightly. Trim the ends and pull off the peels; slice into 1/2-inch rounds.

Coat a small (3-1/2-quart) casserole dish with half the butter. In a bowl, stir together the cinnamon, ginger, and allspice. Place 1/2 of the apple rings in the dish, top with 1/2 of the sweet potatoes, 1/2 of the spice mixture and 1/2 of the syrup. Repeat and dot the top with the remaining butter.

Cover and bake until the apples are very tender, about 45 minutes. Makes 6 servings.

Nutrition information per serving: 111 calories, 1 gram protein, 22 grams carbohydrate, 3 grams fat.