



## Baked Apples and Sweet Potatoes

5 medium sweet potatoes	½ cup margarine	1 teaspoon nutmeg
4 medium apples	½ cup brown sugar	¼ cup hot water
	½ teaspoon salt	2 tablespoons honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
  - 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
  - 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
  - 4. Layer** potatoes on the bottom of the dish.
  - 5. Add** a layer of apple slices.
  - 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
  - 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
  - 8. Sprinkle** top with nutmeg.
  - 9. Mix** the hot water and honey together.
  - 10. Pour** over top of casserole.
  - 11. Bake** for 30 minutes.
- Yield:** 6, 1 cup servings.  
**Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.  
 Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Apples

**SEASON:** Early summer through December.

**NUTRITION FACTS:** A medium size apple, about 2 to 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

**SELECTION:** Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

**STORAGE:** Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

**PREPARATION:** Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic

acid such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

**VARIETIES:** More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

### APPLES 1

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Source: USDA

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