



SWEET POTATO & APPLE SAUTÉ

Intermediate Lifestyle

Ingredients

2 tbs. trans-free tub margarine
2 medium sweet potatoes, peeled and diced
2 Golden Delicious apples, cored and diced (do not peel)
½ cup chopped sweet onion (such as Vidalia)
1 TBS brown Splenda
½ cup water
½ TSP ground cinnamon
½ TSP kosher salt
dash ground black pepper

Instructions

1. Melt the margarine in a large sauté pan over medium heat.
2. Add the sweet potatoes and cook 5 minutes, stirring occasionally.
3. Add the apples and onions and cook another minute.
4. Add remaining ingredients and stir to combine.
5. Cook another 5 to 7 minutes or until the sweet potatoes are fork-tender, but not mushy.

Portion-Per-Serving Information (Yields 8 servings):

1 serving = ½ cup = 1 G