

Five-Spice Sweet Potatoes and Apples

Makes 6 servings

4 sweet potatoes (about 2-1/2 pounds), peeled, cut into 1-inch cubes

3 small apples, peeled, cored, cut into 1-inch cubes

½ cup unsalted butter, melted

2/3 cup packed brown sugar

1 teaspoon Chinese five-spice powder

Salt to taste

1/4 cup chopped pistachios or walnuts

In a medium sauce pan, bring potatoes to a boil over high heat; cook until barely softened. Drain.

Arrange potatoes and apples in a lightly greased 9" x 13" casserole dish. In a small bowl, combine melted butter, brown sugar, Chinese five-spice and salt. Pour over potatoes/ apples.

Bake casserole in a preheated 350 degree F oven until apples are tender, about 25 minutes.

Sprinkle with chopped nuts and return to oven for another 5 minutes to toast nuts.

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