



# Sweet Potato “Fettuccine” Cranberry Apple Bake

**Servings**

4

**Calories**

330

**Prep Time**

15 minutes

**Total Time**

1 hour

**Skill Level**

Medium

## Ingredients

1 (10 ounces) package Mann’s Sweet Potato “Fettuccine”

½ cup sweetened dried cranberries

1 apple, large, peeled and thinly sliced

⅓ cup brown sugar, packed

¼ teaspoon ground nutmeg

½ teaspoon ground cinnamon

⅛ teaspoon salt

1 tablespoon butter, cubed

½ cup packaged granola



## The Method

Preheat oven to 375° F. Coat a 9 x 9” baking dish with non-stick cooking spray; set aside.

In a large bowl, place sweet potatoes, cranberries and apple slices. In a small bowl, combine brown sugar, nutmeg, cinnamon and salt. Sprinkle brown sugar mixture over sweet potato mixture and toss to combine. Pour sweet potatoes into prepared baking dish and add ¼ cup water; top with cubes of butter.

Cover tightly with aluminum foil and bake for 30 minutes. Remove from oven and stir to incorporate pan juices. Sprinkle granola over top and bake uncovered for 10 more minutes until granola is toasted and sweet potatoes are tender.

### Nutrition Facts

Serving Size: 198g | Servings: 4

### Amount Per Serving

Calories 330 | Calories from Fat 40 | Total Fat 4.5g (sat fat 2g trans 0g) | Cholesterol 10mg | Sodium 130mg | Total Carbohydrate 71g | Dietary Fiber 7g | Sugars 42g | Protein 3g | Vitamin A 240% | Vitamin C 8% | Calcium 6% | Iron 8%