

Side Dishes

Sweet Potato Stuffing

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Servings: 6

1 bag (16 oz) Glory Foods Sweet Potatoes
1 cup water
1 tablespoon butter
3/4 cup onion, diced in 1/4-inch pieces
1/4 cup celery, diced in 1/4-inch pieces
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 cup Granny Smith apples, peeled and diced in 1/4-inch pieces
1/4 cup apple cider
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1 cup plain breadcrumbs
1/4 cup apple cider
2 tablespoons butter, melted and cooled

Place the sweet potatoes into a 2-quart, round, microwave-proof glass casserole dish.

Add the water. Cover and place in a microwave oven.

Cook on HIGH for 8 minutes or until the sweet potatoes are tender.

Carefully remove the casserole dish from the microwave. Drain all of the water.

Add the butter, onion, celery, salt, pepper and 1/4 cup of the apple cider. Cover and return to the microwave.

Cook on HIGH for 4 minutes.

Carefully remove the casserole dish from the microwave.

Add the apples, cinnamon, nutmeg and cloves. Gently stir to incorporate. Cover and return to the microwave.

Cook on HIGH for 4 minutes.

Carefully remove the casserole dish from the microwave. Add the breadcrumbs and the remaining apple cider. Stir gently to combine.

Dot with two tablespoons of butter.

Cover and let stand for 5 minutes before serving.

Per Serving (excluding unknown items): 78 Calories; 6g Fat (65.1% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 244mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 Fat.