

Carrot and Apple Casserole

Louise Snyder

The Pennsylvania State Grange Cookbook (1992)

Servings: 8

6 tablespoons sugar

2 tablespoons flour

1 teaspoon salt

5 apples, peeled and thinly sliced

2 cups cooked sliced carrots

3/4 cup orange juice

Preheat the oven to 350 degrees.

In a small bowl, mix the sugar, flour and salt.

In a baking dish, alternate layers of apple slices and carrots, sprinkling the sugar mixture between each layer, Pour the orange juice over the top.

Bake for 20 to 30 minutes.

Sweet potatoes may be substituted for the carrots.

Per Serving (excluding unknown items): 122 Calories; trace Fat (3.1% calories from fat); 1g Protein; 31g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 293mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Fruit; 1/2 Other Carbohydrates.