

Sweet Potatoes with Apples and Cranberries

Servings: 4

2 medium to large sweet potatoes, peeled and cut into bite-size pieces

1 medium Granny Smith apple, cored and diced into 3/4-inch pieces

2 tablespoons dried cranberries

1 1/2 tablespoons butter

1 rounded tablespoon brown sugar

3/4 teaspoon salt

1/2 teaspoon cinnamon

Combine all ingredients in a Ziploc Zip'N'Steam bag.

Seal bag and shake gently to combine ingredients. Pat ingredients into single layer. Place bag in microwave.

Cook on full power from 8 to 9 minutes, or until sweet potatoes are tender. If needed, continue microwaving at 30-second intervals.

Allow bag to stand for one minute before handling. Carefully open bag and serve.

Per Serving (excluding unknown items): 259 Calories; 5g Fat (15.3% calories from fat); 1g Protein; 55g Carbohydrate; 3g Dietary Fiber; 12mg Cholesterol; 467mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 1 Fat; 2 1/2 Other Carbohydrates.