

Southern Apple Sweet Potato Bake (One Pot Meal)

Ingredients

- 2 medium sweet potatoes, peeled and sliced
- 2 apples (preferably Fuji or Honeycrisp), cored and sliced
- 1 small red onion, thinly sliced (optional for savory touch)
- 1/4 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 tbsp extra virgin olive oil or coconut oil
- 1 tbsp fresh lemon juice
- Pinch of sea salt
- Fresh thyme or rosemary (optional)

Instructions

1. Preheat oven to 375°F (190°C).
2. In a large baking dish (or oven-safe pot), combine sliced sweet potatoes and apples.
3. Add oil, lemon juice, cinnamon, nutmeg, and salt. Toss gently to coat.
4. Spread evenly and cover with foil or a lid.

5. Bake for 35–40 minutes, uncovering for the last 10 minutes for light caramelization.
6. Garnish with fresh thyme or rosemary if desired.

Serving Suggestion

Serve warm as a light one-dish meal or alongside sautéed greens or lentils.

Health Benefits

- Rich in beta-carotene, fiber, and antioxidants
- Naturally sweet, supports digestive health
- Great for liver and immune support
- No added sugar, dairy-free, and gluten-free