

## **CONSTITUTION DAY – SWEET POTATOES and APPLES**

*Root Cellars: Root vegetables like potatoes, sweet potatoes, turnips and carrots were stored in root cellars and covered with sand or dirt. Since root cellars were dug deep into the ground, they stayed cool and kept food from spoiling.*

### **TOOLS**

Fork

Cookie sheet

Potholders

Paring knife

Cutting board

Paper towels

Large casserole dish with lid

Measuring cup & spoon

Butter knife

Trivet

### **INGREDIENTS**

5 sweet potatoes

3 large apples

Shortening or butter to grease casserole dish

2 Tablespoons butter

$\frac{3}{4}$  cup maple syrup

### **DIRECTIONS** (Makes 6 servings)

1. Preheat oven to 350°.
2. Wash the sweet potatoes and pierce them several times with a fork. Put them on the cookie sheet and bake them on the center oven rack for about 1 hour, or until a fork pierces them easily.
3. Have an adult remove the potatoes from the oven and set them aside to cool.
4. Have an adult help you cut each apple into 4 sections. Remove the core from each section and cut off the skin. Then cut the apple sections into thin slices.
5. Use the paring knife to pull the skins off the cooked sweet potatoes. Cut the potatoes into  $\frac{1}{2}$  inch slices.
6. Use paper towels to grease the casserole dish with shortening or butter.
7. Use half of the sweet potato slices to cover the bottom of the casserole. Put half the apple slices on top of the potatoes.
8. Use the rest of the sweet potatoes to make the next layer. Then add the rest of the apples.
9. Cut the 2 tablespoons of butter into small pieces and place them on top of the apples. Pour the maple syrup over the top.
10. Cover the casserole and bake the sweet potatoes and apples in the oven for 30 minutes.
11. Have an adult remove the casserole dish from the oven. Place the dish on a trivet at the table to serve.