

"NATURE'S CANDY"

Ingredients

- 1 large sweet potato
- 2 medium apples
- 2 Tbsp olive oil
- 1/2 tsp cinnamon
- 1/2 tsp dried basil

INSTRUCTIONS

1. Preheat the oven to 400 degrees. Wash and peel the sweet potato. Cut the sweet potato into one inch cubes. Wash the apples and then cut them into one inch cubes as well.
2. Place the cubed sweet potatoes and apples in a large bowl. Add the olive oil, cinnamon, and basil. Toss until everything is well coated in oil and spices. Spread the apples and potatoes out onto a baking sheet covered with parchment paper or foil. Make sure they're in a single layer and not piled up on one another.
3. Roast the apples and potatoes for 30 minutes, or until they are tender and begin to look shriveled. Serve hot.

CINNAMON-APPLE PORK CHOPS

Ingredients:

- 2 tablespoons reduced-fat butter, divided (regular butter if you don't have reduced-fat)
 - 4 boneless pork loin chops (4 ounces each)
 - 3 tablespoons brown sugar
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon ground nutmeg
 - 1/4 teaspoon salt
 - 4 medium tart apples, thinly sliced
 - 2 tablespoons chopped pecans (optional)
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INSTRUCTIONS:

1. In a large skillet, heat 1 tablespoon butter over medium heat. Add pork chops; cook 4-5 minutes on each side or until a thermometer reads 145°. Meanwhile, in a small bowl, mix brown sugar, cinnamon, nutmeg and salt.
2. Remove chops; keep warm. Add apples, pecans, brown sugar mixture and remaining butter to pan; cook and stir until apples are tender. Serve with chops.

Nutrition Facts

1 pork chop with 2/3 cup apple mixture: 316 calories, 12g fat (4g saturated fat), 62mg cholesterol, 232mg sodium, 31g carbohydrate (25g sugars, 4g fiber), 22g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1 fruit, 1 fat.