Baked Apple and Sweet Potato Casserole

Ingredients:
- Non-stick cooking spray
- 5 sweet potatoes
- 4 apples, diced
- 1/2 cup brown sugar
- 1/4 cup margarine, melted
- 1 teaspoon nutmeg
- 1/4 cup hot water
- 2 tablespoons honey

Equipment:
- Vegetable brush
- Cutting board
- Knife
- Microwave safe dish/saucepan
- Large baking dish
- Measuring cups
- Measuring spoons

Directions
1. Preheat the oven to 400ºF. Spray a large baking dish with cooking spray. Set aside.
2. Wash sweet potatoes with a vegetable brush, and use a knife and cutting board to cut into potato into small pieces. Add to large baking dish.
3. Cut apples down the center and in half again, down the center. Cut out the core in the center of the apple and the seeds. Chop into small pieces, and add to baking dish with sweet potatoes, mixing them together.
4. In a small saucepan or microwave safe dish, melt margarine.
5. Add brown sugar, melted margarine, nutmeg, hot water and honey, and mix well.
6. Pour mixture evenly over sweet potatoes and apples.
7. Put in hot oven and bake for about 45 minutes until sweet potatoes and apples are tender.

TIP: To shorten baking time to 10 minutes, Cook apples and sweet potatoes in microwave on high for 10 minutes or until tender.