



## DESCRIPTION

U Cook Across the U.S.! Join host Carrie Shankweiler and the ATV cooking gang as they make a Louisiana dish that will have you licking your plate! Appley Sweet Potatoes with a kick are sure to be a hit!

## MATERIALS

- 4 medium sweet potatoes, peeled and cut into cubes
- 8 tbsp. unsalted butter
- 2 tsp. fine sea salt
- 2 tsp. freshly ground black pepper
- 3 medium baking apples cut into cubes
- 6 cups loosely packed braising greens
- 1/4 cup loosely packed fresh parsley

## TOOLS

- Baking sheet
- Aluminum foil
- Large spoon
- Stove pan
- Large pot

## DIRECTIONS

1. Line a backing sheet with aluminum foil. Place your potato cubes onto the sheet. Spread them out evenly.
2. Drizzle some melted butter all over the potatoes, followed by salt and pepper.
3. Stir the potatoes around with a spoon to make sure they're completely coated in butter and seasoning.
4. Preheat your oven to 400 degrees. Place your potatoes in the preheated oven and bake for about 20 minutes.
5. While your potatoes are baking, it's time to prepare the apples. Place some butter into a pan on a stove, turn the stove on, and let the butter melt and coat the pan. Stir it around with a long spoon, and be sure to have an adult help you.
6. Add the apples to the pan as you stir and coat them in the butter. Be sure to hold the handle of the pan as you do this to keep it steady. Sauté the apples for about 15 minutes, until they're a golden brown color.
7. Turn off the stove and move your pan of sautéed apples to the back burner.
8. Place a large pot on your front burner and turn the stove back on. Pour some water and butter into the pot and let the butter melt.

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# COOKING

## APPLEY SWEET POTATOES

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9. Add your greens to the pot with some salt and pepper. Put the lid on the pot and let the greens steam until they wilt and darken.
10. Add your apples to the pot with the steamed greens. Have an adult helper move the pot from the stove to the counter and remove the baked sweet potatoes from the oven.
11. Add your potatoes to the pot with your apples and greens and give everything a stir. Now you're ready to eat!

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