



Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!



VEGETARIAN

Baked Sweet Potatoes with Apple

INGREDIENTS

6 large sweet potatoes
6 large tart apples
1 Tbsp. butter or oil (to grease pan)
 $\frac{2}{3}$ cup brown sugar
6 Tbsp. butter
 $\frac{1}{2}$ cup apple cider or apple juice
3 Tbsp. maple syrup
1 Tbsp. lemon juice
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. ground ginger

DIRECTIONS:

1. Pre-heat oven to 325 °F.
2. Boil whole, unpeeled sweet potatoes until nearly tender. They will finish cooking in the oven.
3. Drain and peel the sweet potatoes. Cut into $\frac{1}{4}$ " slices.
4. Peel and cut apples into $\frac{1}{4}$ " slices.
5. Grease a 9" x 13" baking pan with butter or oil.
5. Layer alternating slices of sweet potato and apples, shingle-style into the baking pan.
6. Combine remaining ingredients and pour over the potatoes and apples.
7. Bake until apples are tender, about 30–45 minutes.

From the kitchen of:
Ruby

This is a family favourite side dish that we enjoy each fall around Thanksgiving. I like to use firm and tart apples that hold their shape well, like Granny Smiths.



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