

Scalloped Yams, Apples and Apricot Bake

Ingredients:

2 pounds Garnet or Jewel Yams – peeled and thinly sliced
2 Granny Smith apples - peeled, cored and thinly sliced
15 dried apricots- rinsed and diced
 $\frac{3}{4}$ cup Knudsen Apple Juice (not from a concentrate)
Maple Syrup
Sea Salt
Safflower Oil
1 cup pecans, toasted and roughly chopped

Description:

Preheat oven 375 degrees. Coat an 8 inch square baking dish lightly with safflower oil.

Pour $\frac{1}{2}$ cup of apple juice on the bottom of the baking dish. Pour maple syrup in a small bowl and with a brush, brush maple syrup lightly on top-side of each yam piece. Cover the bottom of the baking dish with a layer of yams, arranging the slices in 4 overlapping rows, like roof tiles. Then put a pinch of sea salt over the yams. Cover the yams with the apple slices and then the apricots. Cover the apricots with another layer of maple-syrup coated yams. Take a pinch of sea salt on top of the yams. Pour the remaining $\frac{1}{4}$ cup of apple juice along the sides of the baking dish and not on top of the yams. Cover with foil and bake for 40 minutes.

Coat the chopped pecans with maple syrup. Uncover the yams and spread the nuts on top and bake 15 minutes longer uncovered. Let stand 15 minutes before serving.