

# FOOD

Recipes by  
Allrecipes.com

## Sweet Potato Apple Scallop

### Ingredients

- 2 pounds sweet potatoes
- 2 medium apples, peeled and cored
- 1 tablespoon lemon juice
- 1/2 cup packed brown sugar
- 1/4 cup chopped pecans
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon orange extract
- 2 tablespoons butter or stick margarine

### Directions

1. Place sweet potatoes in a saucepan and cover with water. Bring to a boil; cook for 20-25 minutes or until tender. Drain and cool. Peel potatoes and cut into 1/4-in. slices. Place in a 13-in. x 9-in. x 2-in. baking dish coated with non-stick cooking spray.



2. Cut apples into 1/4-in. rings; cut in half. Arrange over sweet potatoes. Sprinkle with lemon juice. Combine the brown sugar, pecans, cinnamon, pumpkin pie spice and orange extract; sprinkle over apples. Dot with butter. Bake, uncovered, at 350 degrees F for 25-30 minutes or until apples are tender.

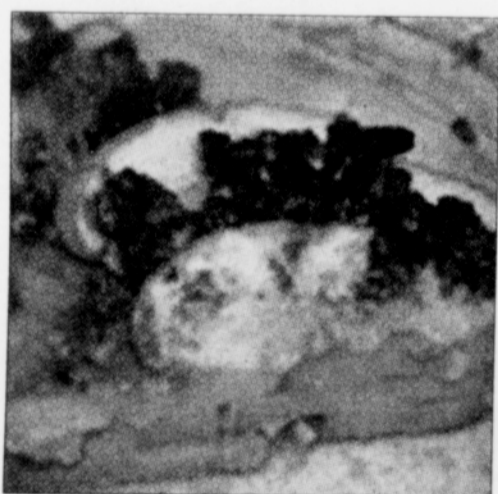
## Chicken in Sweet Pepper Sauce

### Ingredients

- 2 (6 ounce) skinless, boneless chicken breast halves
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon butter
- 1/3 cup chicken broth
- 1/3 cup white wine, or additional chicken broth
- 1/4 cup chopped sweet yellow pepper
- 1/4 cup diced tomatoes
- 1 tablespoon minced fresh cilantro

### Directions

Flatten chicken to 1/4-in. thickness. In a large resealable plastic bag, combine the flour, salt and pepper; add chicken and shake to coat. In a large skillet, brown chicken in butter on both sides. Stir in the broth, wine or additional broth and yellow pepper. Bring to a boil; cook for 5 minutes or until liquid is reduced by half. Stir in the tomato and cilantro.



## Four-Fruit drink Recipe

### Ingredients

- 2 cups unsweetened pineapple juice
- 2 cups cranberry juice
- 2 (5.5 ounce) cans apricot nectar
- 1/2 cup lime juice
- 9 slices lime
- 2 (12 fluid ounce) cans or bottles ginger ale, chilled

### Directions

In a large bowl or pitcher, combine the pineapple juice, cranberry juice, apricot nectar, lime juice and lime slices. Cover and refrigerate for at least 2 hours. Just before serving, stir in ginger ale.

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