Candied Sweet Potatoes with Apples

Serves 8

Ingredients

3 lb. sweet potatoes or yams
1 lb. Granny Smith apples
2 medium onions
4 tbsp. unsalted butter
⅛ c. honey
1 tsp. salt
⅛ tsp. nutmeg
⅛ tsp. cayenne pepper

Roast the yams: Preheat oven to 350 degrees F. Toss all ingredients in a large bowl to combine. Transfer to a baking dish and bake, stirring occasionally, until yams are tender, about 1 hour. Increase oven to 500 degrees F and bake until liquid evaporates and yams are browned, 10 to 15 minutes. Serve immediately.

Credit: Country Living