

# Christmas Magic

## Sweet potatoes have history in favorite festive dishes

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We know it as a colorful complement to the traditional holiday meal. In the time-honored sweet potato has been a versatile menu choice for hun-

dreds of years. While the sweet potato, or yam, dates back to the ancient Inca civilization, it was Christopher Colum-

bus who returned to Spain from the New World in 1493 with the sweet spud in tow. Some 60 years later in England, King Henry VII was said to have enjoyed sweet potatoes often as a favorite dish.

And by 1600, sweet potato pie had become an English delicacy when Shakespeare rhapsodized about the tasty tuber in the Merry Wives of Windsor.

By the late 1800s, George Washington Carver had devised more than 100 uses for the sweet potato and had identified dozens of varieties. Add a hint of the harvest to your next meal with apples and sweet potatoes, a simple yet elegant side dish.

### Apples and Sweet Potatoes (Makes 9 servings)

- 1 can pineapple chunks in juice
- 4 sweet potatoes
- 2 tbsps margarine or butter
- 1/4 tsp ground cinnamon
- 2 tart apples, peeled, cored and cut into chunks

Drain pineapple, reserving juice. In medium skillet, mix pineapple juice, margarine and cinnamon. Heat to boiling over medium heat.

Add sweet potatoes and return to boil. Reduce heat to low. Cover and cook 25 minutes or until sweet potatoes are tender, stirring occasionally. Add pineapple and apples and heat through.

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