

Fried Apples with Potatoes



Time: 10 minutes (boil the potatoes the night before and refrigerate).

Serves: 1-2

Ingredients: 2-3 apples peeled
2-3 potatoes boiled and then fried
2 tablespoons ghee
Salt and pepper
Optional: Avocado and lemon

Directions:

1. Cut up the potatoes and fry until brown around the edges in ghee (potatoes will need to fry longer than the apples)
2. Peel and slice apples
3. Fry apples in separate pan with ghee until they are golden brown on each side
4. Once cooked, mix apples and potatoes together
5. Add salt and pepper to taste
6. Optional: add avocado and lemon

Note: As an alternative to potatoes use roasted pecans or walnuts.