



Baked Batatas and Apples

The batata dulce or sweet potato is a root vegetable native to Central and South America, Mexico, and the West Indies. This combination of apples and batatas dulces creates a sweet, savory dish enjoyed by both kids and adults.

Makes: 6 servings **Prep time:** 7 minutes
Cook time: 40 minutes

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INGREDIENTS

- 3 tablespoons** brown sugar, packed
- ½ teaspoon** cinnamon, ground
- ¼ teaspoon** salt, table
- 2 cups** sweet potatoes (batatas dulces), fresh, peeled, ½" cubed
- 3 cups** apples, fresh, peeled, cored, ½" cubed (recommend: Braeburn, gala, honey crisp, jonagold, or jonathans)
- 1 tablespoon** canola oil
- ¼ cup** orange juice
- Nonstick cooking spray

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DIRECTIONS

- 1.** Preheat oven to 350 °F.
- 2.** Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
- 3.** In a medium bowl, combine brown sugar, cinnamon, and salt.
- 4.** Toss sweet potatoes (batatas dulces), apples, oil, and orange juice in the cinnamon–sugar mixture.
- 5.** Place the sweet potato (batata dulce) and apple mixture in the baking dish.
- 6.** Cover with foil and bake for 40 minutes, or until sweet potatoes (batatas dulces) are tender. Heat to 140 °F for at least 15 seconds.
- 7.** Serve ½ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ½ cup.

Nutrients	Amount
Calories	102
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	104 mg
Total Carbohydrate	21g
Dietary Fiber	2 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	19 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

½ cup provides ¼ vegetable and ¼ cup fruit.

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CHEF TIPS

Add ½ cup chopped nuts or 1 tablespoon grated orange rind to the cinnamon–sugar mixture for a crunchy texture or citrus flavor.

Variations

Yams or butternut squash may be substituted for the sweet potatoes.

Canned apple slices may be substituted for fresh apples.