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# BAKED SWEET POTATOES AND APPLES, USDA

SERVINGS: 50 SERVINGS CALORIES: 159 KCAL

These fresh sweet potatoes and fresh apples combined with a brown sugar glaze and dried cranberries make a healthy, tasty side dish.

## INGREDIENTS

4 pounds \*Potatoes, sweet, fresh, diced ½-inch  
 8 ounces Margarine, trans fat-free  
 4 ounces Ginger, chopped  
 1.5 pounds Sugar, brown (1 pound, 8 ounces)  
 1.33 tablespoons Cinnamon, ground (1 tablespoon, 1 teaspoon)  
 1.33 tablespoons Nutmeg, ground (1 tablespoon, 1 teaspoon)  
 2 teaspoons Salt, kosher  
 1.33 tablespoons Vanilla extract (1 tablespoon, 1 teaspoon)  
 3.625 pounds Apples, green, frozen, thawed, unsweetened (3 pounds, 10 ounces)  
 2 cups Water  
 2 cups Orange juice, concentrated, frozen, thawed  
 10 ounces Dried Cranberries  
 ¼ cup Cornstarch  
 ¼ cup Water

## INSTRUCTIONS

- Place 1 quart 3½ cups (about 2 pounds) sweet potatoes on a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Bake:  
 Conventional oven: 375° F for 20-25 minutes.  
 Convection oven: 350° F for 15-20 minutes.
- While sweet potatoes are baking, add margarine, ginger, brown sugar, cinnamon, nutmeg, salt, and vanilla to a large stock pot. Simmer uncovered over medium-high heat for 1-2 minutes.
- Add apples. Simmer uncovered over medium-high heat for 3-5 minutes. Stir well until apples are coated with sugar mixture.
- Add water and orange juice concentrate. Bring to a boil.
- Add cranberries, corn starch, and water. Stir well. Bring to a boil. Allow cornstarch mixture to thicken and adhere to apples.
- After removing sweet potatoes from oven, pour 1 quart 2 cups (about 3 pounds 2 ounces) apple mixture over each pan.
- Portion with No. 12 scoop (⅓ cup).

## RECIPE NOTES

CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 140° F or higher.

Notes: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Crediting: 1/3 cup (No. 12 scoop) provides 1/8 cup red/orange vegetable and 3/8 cup fruit.**

Yield 50 servings

## NUTRITION FACTS PER SERVING (0.3CUP)

Calories: 159 kcal | Fat: 3 g | Saturated fat: 1 g | Sodium: 149 mg | Potassium: 246 mg | Carbohydrates: 34 g | Fiber: 2 g | Sugar: 25 g | Protein: 1 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*