

Baked Sweet Potatoes and Apples

Baked Sweet Potatoes and Apples become a year-round favorite when you spice them up with ginger and nutmeg!

CACFP Home Childcare Crediting Information

½ cup provides ¼ cup vegetable (¼ cup red/orange vegetable), and ¼ cup fruit.



Preparation Time: 30 minutes
Cooking Time: 20 minutes

Makes: 6 servings

Ingredients

- 3 cups or 12 oz Fresh sweet potatoes, diced
- 2 Tbsp or 1 oz Margarine, trans fat-free
- 1 Tbsp or ½ oz Fresh ginger, chopped
- ½ cup or 3 oz Brown sugar, loosely packed
- ½ tsp Ground cinnamon
- ½ tsp Ground nutmeg
- ¼ tsp Salt
- ½ tsp Vanilla extract
- 1 ¼ cups or 7 oz Frozen green apples, thawed, unsweetened
- ¼ cup or 2 oz Water
- ¼ cup or 2 oz Orange juice, concentrated, frozen, thawed
- ⅓ cup or 1 ¼ oz Dried cranberries or dried raisins
- 1 ½ tsp Cornstarch
- 1 ½ tsp Water

Directions

- 1** Preheat oven:
Conventional oven: 375 °F.
Convection oven: 350 °F.
- 2** Spray (8" x 8") square baking dish with nonstick cooking spray. Place diced sweet potatoes in the baking pan and cover tightly with foil.
- 3** Bake:
Conventional oven: 375 °F for 20 minutes.
Convection oven: 350 °F for 15 minutes.
- 4** Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 5** While sweet potatoes are baking, prepare the glaze. In a medium pot, add margarine, ginger, brown sugar, cinnamon, nutmeg, salt, and vanilla. Simmer on top of stove, uncovered over medium-high heat, for 1-2 minutes.
- 6** Add apples. Simmer uncovered over medium-high heat for 3-5 minutes. Stir well until apples are coated with glaze mixture.
- 7** Add water and orange juice concentrate. Bring the mixture to a boil.

Directions continued

- 8 Add dried cranberries, cornstarch, and water. Stir well. Bring the cornstarch mixture to a boil allowing the mixture to thicken and adhere to apples.
- 9 After removing sweet potatoes from oven, pour apple mixture over sweet potatoes in the baking dish.
- 10 Critical Control Point:
Hold at 140 °F or higher until served
- 11 Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe

Nutrients Per Servings: Calories 160, Protein 1 g, Carbohydrates 35 g, Dietary Fiber 2 g, Total Sugars 24 g, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 130 mg, Vitamin A 333 mcg RAE, Vitamin C 23 mg, Calcium 93 mg, Vitamin D 20 IU, Calcium 93 mg, Iron 0 mg, Potassium 292 mg

