



Baked Sweet Potatoes and Apples

USDA Recipe for Schools

Fresh sweet potatoes and fresh apples combined with a brown sugar glaze and dried cranberries.

NSLP/SBP CREDITING INFORMATION

$\frac{1}{3}$ cup (No. 12 scoop) provides $\frac{1}{8}$ cup red/orange vegetable and $\frac{1}{8}$ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, diced $\frac{1}{2}$ "	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 2 cups	<ol style="list-style-type: none"> 1 Place 1 qt $3\frac{1}{2}$ cups (about 2 lb) sweet potatoes on a steam table pan (12" x 20" x $2\frac{1}{2}$"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2 Bake: Conventional oven: 375 °F for 20–25 minutes. Convection oven: 350 °F for 15–20 minutes 3 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 4 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.
Trans-fat free margarine	8 oz	1 cup	1 lb	2 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ginger, chopped	4 oz	½ cup	8 oz	1 cup	
Brown sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground nutmeg		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Frozen green apples, thawed, unsweetened	3 lb 10 oz	2 qt 3⅓ cups	7 lb 4 oz	1 gal 1 qt 2⅔ cups	5 Add apples. Simmer uncovered over medium–high heat for 3–5 minutes. Stir well until apples are coated with sugar mixture.
Water		2 cups		1 qt	6 Add water and orange juice concentrate. Bring to a boil.
Frozen, concentrated orange juice, thawed		2 cups		1 qt	
Dried Cranberries	10 oz	2 cups	1 lb 4 oz	1 qt	7 Add cranberries, cornstarch, and water. Stir well. Bring to a boil. Allow cornstarch mixture to thicken and adhere to apples.
Cornstarch		¼ cup	2⅓ oz	½ cup	
Water		¼ cup		½ cup	
					8 After removing sweet potatoes from oven, pour 1 qt 2 cups (about 3 lb 2 oz) apple mixture over each pan.
					9 Critical Control Point: Hold for hot service at 135 °F or higher.
					10 Portion with No. 12 scoop (⅓ cup).



NUTRITION INFORMATION

For 1/3 cup (No. 12 scoop).

NUTRIENTS **AMOUNT**
Calories **159**

Total Fat	3 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	149 mg
Total Carbohydrate	34 g
Dietary Fiber	2 g
Total Sugars	25 g
Added Sugars included	N/A
Protein	1 g
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Vitamin D	0 IU
Calcium	88 mg
Iron	0 mg
Potassium	246 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Sweet potatoes	5 lb	10 lb

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.

YIELD/VOLUME

50 Servings	100 Servings
About 9 lb 12 oz	About 19 lb 8 oz
About 1 gal 3½ cups/2 steam table pans (12" x 20" x 2½")	About 2 gal 1 qt 3 cups/4 steam table pans (12" x 20" x 2½")