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
(recommend: Braeburn, gala, honey crisp, jonagold, or jonathans)
3 cups apples, fresh, peeled, cored, ½” cubed
1 tablespoon canola oil
¼ cup orange juice
Nonstick cooking spray

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.
### NUTRITION INFORMATION

For ½ cup.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>102</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
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<tr>
<td>Cholesterol</td>
<td>N/A</td>
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<tr>
<td>Sodium</td>
<td>104 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>21 g</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
<td>15 g</td>
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<tr>
<td>Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
</tr>
</tbody>
</table>

Vitamin D N/A
Calcium 19 mg
Iron 0 mg
Potassium N/A

N/A=data not available.

### CACFP CREDITING INFORMATION

½ cup provides ¼ vegetable and ¼ cup fruit.

### 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.

*Source: Team Nutrition CACFP Multicultural Recipe Project.*

[https://teamnutrition.usda.gov](https://teamnutrition.usda.gov)