

# BAKED SWEET POTATOES WITH APPLES

**MEAL COMPONENT CONTRIBUTION:**

¼ cup fruit, ¼ cup red/orange vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #2 - Same day service


FRUITS : VEGETABLES (RED/ORANGE)

| INGREDIENT                                  | MEASURE (FOR 50 SERVINGS) |
|---|---------------------------|
| Potatoes, Sweet, Cut Pieces, #10 can, #2821 | 1 #10 can + 6 1/2 cups    |
| Pan Release Spray, Vegetable Oil, #2514     | 10 second spray           |
| Apples, Sliced, Canned, #2401               | 1 #10 can                 |
| Sugar, Brown, #2024                         | 1 1/3 cups , packed       |
| Cinnamon, Ground, #2704                     | 2 teaspoons               |
| Nutmeg, Ground, #2713                       | 2 teaspoons               |
| Margarine, Bulk, #1319                      | 5 1/4 ounces              |
| Water, Municipal, Mississippi               | 1 1/2 cups                |

**DIRECTIONS**

1. Drain the liquid from the cans of sweet potatoes.
2. Place 1 quart plus 3½ cups of drained sweet potatoes in each full-size steamtable pan (12" x 20" x 2½") that has been sprayed with food release spray. For 50 servings use 2 steamtable pans.
3. Add ½ #10 can of apples to the sweet potatoes in each pan.
4. Combine the brown sugar, cinnamon, and nutmeg.  
Sprinkle ¾ cup sugar mixture over apple/sweet potato mixture in each pan.
5. Dot each pan with 1/3 cup margarine.
6. Add ¾ cup water to each pan.
7. To bake:  
Conventional Oven: 350 degrees F for 25 to 30 minutes.  
Convection Oven: 300 degrees F for 15 to 20 minutes.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
8. Remove the baked sweet potatoes and apples from the oven. Serve them immediately, or cover them and place in a warmer until ready for service.
9. Portion with a #8 scoop or a 4 ounce spoodle for each ½ cup per serving. Each portion provides ¼ cup fruit and ¼ cup red/orange vegetable.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

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**PRODUCTION NOTES**

Use USDA Foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

**NUTRIENTS PER SERVING**

|               |         |               |        |           |          |           |        |
|---------------|---------|---------------|--------|-----------|----------|-----------|--------|
| Calories      | 141     | Dietary Fiber | 2.07 g | Sodium    | 78.26 mg | Sat. Fat  | 1.02 g |
| Carbohydrates | 28.58 g | Protein       | 1.68 g | Total Fat | 2.55 g   | Trans Fat | 0.00 g |

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## ILLUSTRATED STEPS FOR PREPARATION OF BAKED SWEET POTATOES WITH APPLES (CANNED)

1.



Sweet potato and apple mixture sprinkled with brown sugar, cinnamon, and nutmeg

2.



Baked steamtable pan of Baked Sweet Potatoes with Apples

3.



1 serving of Baked Sweet Potatoes with Apples