



## 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

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- 3 tablespoons** brown sugar, packed
- ½ teaspoon** cinnamon, ground
- ¼ teaspoon** salt, table
- 2 cups** sweet potatoes (batatas dulces), fresh, peeled, ½" cubed
- 3 cups** apples, fresh, peeled, cored, ½" cubed (recommend: Braeburn, gala, honey crisp, jonagold, or jonathans)
- 1 tablespoon** canola oil
- ¼ cup** orange juice
- Nonstick cooking spray

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### DIRECTIONS

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- 1.** Preheat oven to 350 °F.
- 2.** Prepare cinnamon-sugar mixture: In a medium bowl, combine brown sugar, cinnamon, and salt.
- 3.** Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.
- 4.** Add sweet potatoes (batatas dulces), apples, oil, and orange juice to the cinnamon-sugar mixture and toss.
- 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.

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## NUTRITION INFORMATION

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For ½ cup Baked Batatas and Apples.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>102</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>214 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	5 g
Total Sugars	15 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
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Vitamin D	N/A
Calcium	3 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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## CACFP CREDITING INFORMATION

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½ cup provides ¼ cup vegetable  
and ¼ cup fruit.

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## CHEF TIPS

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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.