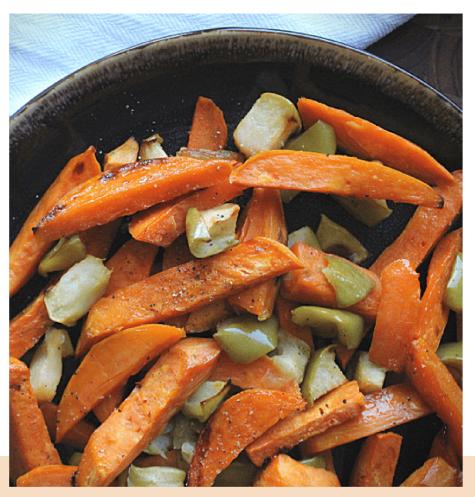
## Roasted Sweet Potatoes and Apples 4 servings





## **Ingredients**

- 2 medium sweet potatoes, scrubbed with clean vegetable brush under running water
- 1 fuji apple or other baking apple, scrubbed with clean vegetable brush under running water
- 1/2 Tablespoon vegetable oil
- 1 Tablespoon maple syrup



Nutrition Information: Serving Size (½ cup): Calories 100, Total Fat, 2g, Saturated Fat 0g, Cholesterol Omg, Sodium 20mg, Total Carbohydrates 21g, Fiber 3g, Total Sugars 11g, includes 3g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 8%

## Instructions

- 1. Wash hands with soap and water.
- 2. Preheat oven to 450°F.
- 3. Peel sweet potatoes. Cut the sweet potatoes in half lengthwise. Slice into  $\frac{1}{2}$  inch thick pieces.
- 4. Core the apple. Cut into bite-sized chunks.
- 5. In a 2-quart baking dish, add the sweet potatoes and apple. Drizzle vegetable oil over the mixture stirring to coat. Bake for 10 minutes.
- 6. Remove from oven and stir. Bake 10 minutes, or until tender. Potatoes are tender when they can be pierced with a fork. If they are still hard, stir and return to oven. Check every 5 minutes until tender.
- 7. When the potatoes are tender, drizzle with maple syrup and stir.
- 8. Store leftovers in a sealed container in the refrigerator for up to four days.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.