

Roasted Sweet Potatoes and Apples



EXTENSION

Health & Wellbeing

Nebraska Seasonal Produce Guide

4 Servings



Ingredients

- 2 medium sweet potatoes, scrubbed with a clean vegetable brush under running water
- 1 Fuji apple or other baking apple, scrubbed with a clean vegetable brush under running water
- ½ Tablespoon vegetable oil
- 1 Tablespoon maple syrup

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 ½ 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 the 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.

Nutrition Information per Serving (1/2 cup): Calories 100, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, 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%



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