

# Baked Sweet Potatoes and Apples

Meal Components: Fruits, Vegetable - Red / Orange

I-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup drained	1 lb 14 oz	1 qt 1/4 cup (1/2 No. 10 can)	3 lb 13 oz	2 qt 1/2 cup (1 No. 10 can)	<ol style="list-style-type: none"> <li>Place 1 lb 14 ½ (1 qt ¼ cup) sweet potatoes into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> </ol>
Canned unsweetened sliced apples, solid pack, drained	1 lb 13 1/2 oz	1 qt (1/3 No. 10 can)	3 lb 11 oz	2 qt (2/3 No. 10 can)	
Brown sugar, packed	2 7/8 oz	1/4 cup 2 Tbsp	5 3/4 oz	3/4 cup	<ol style="list-style-type: none"> <li>Combine brown sugar, cinnamon, and nutmeg (optional).</li> </ol>
Ground cinnamon		1/2 tsp		1 tsp	
Ground nutmeg (optional)		1/2 tsp		1 tsp	<ol style="list-style-type: none"> <li>Sprinkle 3 Tbsp sugar mixture over the apples in each pan.</li> </ol>
Trans fat-free margarine		2 Tbsp 2 tsp		1/3 cup	
					<ol style="list-style-type: none"> <li>Dot each pan with 2 Tbsp 2 tsp margarine.</li> </ol>

7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes. CCP not needed.

8. CCP: Hold 140° F or warmer. Portion with No. 16 scoop (1/4 cup).

### Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Serving	Yield	Volume
1/4 cup (No. 16 scoop) provides 1/8 cup of red/orange vegetable and 1/8 cup fruit.	<b>25 Servings:</b> 1 pan <b>50 Servings:</b> 2 pans	<b>25 Servings:</b> 1 quart 2 ¼ cups <b>50 Servings:</b> 3 quarts ½ cup