



Roasted Sweet Potatoes and Apples 4 Servings



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Roasted Sweet Potatoes and Apples 4 Servings



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Roasted Sweet Potatoes and Apples 4 Servings



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Roasted Sweet Potatoes and Apples 4 Servings



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019

Roasted Sweet Potatoes and Apples 4 Servings

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 fuji apple or other baking apple, chopped
- 1/2 Tbsp. vegetable oil
- 1 Tbsp. maple syrup

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. Scrub sweet potatoes with a clean vegetable brush under running water. Peel sweet potatoes. Cut the sweet potatoes in half lengthwise. Slice into ½ inch thick pieces.
4. Scrub apple with a clean vegetable brush under running water. Core and 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. If they are still hard, stir and return to oven. Check every 5 minutes until tender.
7. Place mixture in serving dish, drizzle with maple syrup and stir.
8. Store leftovers in a sealed container in the refrigerator.

Roasted Sweet Potatoes and Apples 4 Servings

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 fuji apple or other baking apple, chopped
- 1/2 Tbsp. vegetable oil
- 1 Tbsp. maple syrup

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. Scrub sweet potatoes with a clean vegetable brush under running water. Peel sweet potatoes. Cut the sweet potatoes in half lengthwise. Slice into ½ inch thick pieces.
4. Scrub apple with a clean vegetable brush under running water. Core and 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. If they are still hard, stir and return to oven. Check every 5 minutes until tender.
7. Place mixture in serving dish, drizzle with maple syrup and stir.
8. Store leftovers in a sealed container in the refrigerator.

Roasted Sweet Potatoes and Apples 4 Servings

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 fuji apple or other baking apple, chopped
- 1/2 Tbsp. vegetable oil
- 1 Tbsp. maple syrup

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. Scrub sweet potatoes with a clean vegetable brush under running water. Peel sweet potatoes. Cut the sweet potatoes in half lengthwise. Slice into ½ inch thick pieces.
4. Scrub apple with a clean vegetable brush under running water. Core and 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. If they are still hard, stir and return to oven. Check every 5 minutes until tender.
7. Place mixture in serving dish, drizzle with maple syrup and stir.
8. Store leftovers in a sealed container in the refrigerator.

Roasted Sweet Potatoes and Apples 4 Servings

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 fuji apple or other baking apple, chopped
- 1/2 Tbsp. vegetable oil
- 1 Tbsp. maple syrup

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. Scrub sweet potatoes with a clean vegetable brush under running water. Peel sweet potatoes. Cut the sweet potatoes in half lengthwise. Slice into ½ inch thick pieces.
4. Scrub apple with a clean vegetable brush under running water. Core and 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. If they are still hard, stir and return to oven. Check every 5 minutes until tender.
7. Place mixture in serving dish, drizzle with maple syrup and stir.
8. Store leftovers in a sealed container in the refrigerator.