



RECIPE:

Roasted Sweet Potatoes and Apples

Number of Servings: 4

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 1/2 inch thick pieces.
4. Scrub the apple with a clean vegetable brush under running water. 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, place mixture in a serving dish. Drizzle with maple syrup and stir.
8. Store leftovers in a sealed container in the refrigerator

Nutrition Info:

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 329mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Credit: Nebraska Extension Nutrition Education Program