



# Baked Batatas and Apples

The batata dulce or sweet potato is a root vegetable native to Central and South America, Mexico, and the West Indies. This combination of apples and batatas dulces creates a sweet and savory dish enjoyed by both kids and adults.

### CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ¼ cup vegetable and ¼ cup fruit.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Preheat oven to 350 °F.
Brown sugar, packed		¾ cup		1½ cup	2 Prepare cinnamon-sugar mixture: In an extra-large bowl, combine brown sugar, cinnamon, and salt.
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp	
Salt, table		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		1 spray		2 sprays	<p><b>3</b> Lightly coat steam table pan (12" x 20" x 2½") with nonstick cooking spray.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
*Sweet potatoes (batatas dulces), fresh, peeled, ½" cubed	2 lb 3½ oz	2 qt ¼ cup	4 lb 7 oz	1 gal ½ cup	<p><b>4</b> Add sweet potatoes (batatas dulces), apples, oil, and orange juice to the cinnamon-sugar mixture and toss.</p>
*Apples, fresh, peeled, cored, ½" cubed	2 lb 15 oz	3 qt ½ cup	5 lb 14 oz	1 gal 2 qt 1 cup	<p><b>5</b> Place the sweet potato (batata dulce) and apple mixture in the pan.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Canola oil		¼ cup		½ cup	<p><b>6</b> Cover with foil and bake for 50–60 minutes, or until sweet potatoes (batatas dulce) are tender.</p> <p>Critical Control Point: Heat to 140 °F for at least 15 seconds.</p>
Orange juice	8 oz	1 cup		2 cup	<p><b>7</b> Serve ½ cup (No. 8 scoop).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



**NUTRITION INFORMATION**

For ½ cup (No. 8 scoop)  
Baked Batatas and Apples.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>102</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>104 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	2 g
Total Sugars	15 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
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Vitamin D	N/A
Calcium	19 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Sweet potatoes	2 lb 13 oz	5 lb 12 oz
Apples	3 lb 13 oz	7 lb 9 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation in ingredients is available.

**Variations**

Yams or butternut squash may be substituted for the sweet potatoes.  
Recommend: Braeburn, Gala, Honey Crisp, Jonagold, or Jonathan.  
Canned apple slices can be substituted for fresh apples.

**Chef Tips**

Add ½ cup chopped nuts or 1 Tbsp grated orange rind to the cinnamon-sugar mixture for a crunchy texture or citrus flavor.

**YIELD/VOLUME**

25 Servings	50 Servings
5 lb 11½ oz	11 lb 7 oz
3 qt ½ cup	1 gal 2 qt 1 cup

