

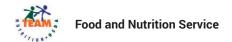
Baked Sweet Potatoes and Apples USDA Recipe for Schools

Fresh sweet potatoes and fresh apples combined with a brown sugar glaze and dried cranberries.

NSLP/SBP CREDITING INFORMATION

 $\frac{1}{3}$ cup (No. 12 scoop) provides $\frac{1}{8}$ cup red/orange vegetable and $\frac{1}{8}$ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
*Fresh sweet potatoes, diced ½"	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 2 cups	1 Place 1 qt 3½ cups (about 2 lb) sweet potatoes on a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					2 Bake: Conventional oven: 375 °F for 20–25 minutes. Convection oven: 350 °F for 15–20 minutes
					3 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Trans-fat free margarine	8 oz	1 cup	1 lb	2 cups	4 While sweet potatoes are baking, add margarine, ginger, brown sugar, cinnamon, nutmeg, salt, and vanilla to a large stock pot. Simmer uncovered over medium—high heat for 1–2 minutes.





INGREDIENTS	50 SERVINGS		100 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Ginger, chopped	4 oz	½ cup	8 oz	1 cup	
Brown sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground nutmeg		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Frozen green apples, thawed, unsweetened	3 lb 10 oz	2 qt 3⅓ cups	7 lb 4 oz	1 gal 1 qt 2 ² / ₃ cups	5 Add apples. Simmer uncovered over medium—high heat for 3–5 minutes. Stir well until apples are coated with sugar mixture.
Water		2 cups		1 qt	6 Add water and orange juice concentrate. Bring to a boil.
Frozen, concentrated orange juice, thawed		2 cups		1 qt	
Dried Cranberries	10 oz	2 cups	1 lb 4 oz	1 qt	7 Add cranberries, cornstarch, and water. Stir well. Bring to a boil. Allow cornstarch mixture to thicken and adhere to apples.
Cornstarch		1/4 cup	2½ 0Z	¹⁄₂ cup	
Water		1/4 cup		¹⁄₂ cup	
					8 After removing sweet potatoes from oven, pour 1 qt 2 cups (about 3 lb 2 oz) apple mixture over each pan.
					9 Critical Control Point: Hold for hot service at 135 °F or higher.
					10 Portion with No. 12 scoop (1/3 cup).



NUTRITION INFORMATION

For 1/3 cup (No. 12 scoop).

NUTRIENTS Calories	AMOUNT 159
Total Fat Saturated Fat	3 g 1 g
Cholesterol	0 mg
Sodium	149 mg
Total Carbohydrate	34 g
Dietary Fiber	2 g
Total Sugars	25 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	 0 IU
Calcium	88 mg
Iron	0 mg
11011	246 mg

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE					
Food as Purchased for	50 Servings	100 Servings			
Sweet potatoes	5 lb	10 lb			

NOTES

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

Cooking Process #2: Same Day Service.

YIELD/VOLUME				
50 Servings	100 Servings			
About 9 lb 12 oz	About 19 lb 8 oz			
About 1 gal 3½ cups/2 steam table pans (12" x 20" x 2½")	About 2 gal 1 qt 3 cups/4 steam table pans (12" x 20" x 21½")			