



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Baked Batatas and Apples

Prep time: 15 minutes

Cook time: 1 hour

Makes: 25 or 50 Servings

The batata dulce or sweet potato is a root vegetable that is native to Central and South America, Mexico, and the West Indies. As the result of exploration and early world travel, the sweet potato is eaten in Asian and South American countries as well as the United States. This combination of apples and batatas dulces creates a sweet-savory dish that both kids and adults enjoy.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Brown sugar, packed		3/4 cup		1 1/2 cup
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp
Salt, table		1 tsp		2 tsp
Nonstick cooking spray		1 Spray		2 Sprays
*Sweet Potatoes (batatas dulce), fresh, peeled, 1/2" cubed	2 lbs 3 1/2 oz	2 qts 1/4 cup	4 lbs 7 oz	1 gallon 1/2 cup
*Apples, fresh, peeled, cored, 1/2" cubed	2 lbs 15 oz	3 qt 1/2 cup	5 lbs 14 oz	1 gallon 2 qt 1 cup
Canola oil		1/4 cup		1/2 cup
Orange juice	8 oz	1 cup	1 lb	2 cups

Directions

1. Preheat oven to 350 °F.
2. Prepare cinnamon-sugar mixture: In an extra-large bowl, combine brown sugar, cinnamon, and salt.
3. Lightly coat steam table pan (12" x 20" x 2 1/2") with nonstick cooking spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Toss sweet potatoes (batatas dulces), apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato (batata dulce) and apple mixture in the pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Recommend: Braeburn, gala, honey crisp, jonagold, or jonathans
6. Cover with foil and bake for 50-60 minutes, or until sweet potatoes (batatas dulce) are tender. Critical Control Point: Heat to 140 °F for at least 15 seconds.
7. Serve 1/2 cup (No. 8 scoop). Critical Control Point: Hold at 140 °F or higher.

Notes

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

Variations:

Yams or butternut squash may be substituted for the sweet potatoes.

Canned apple slices may be substituted for fresh apples.

Chef Tips:

Add 1/2 cup chopped nuts or 1 tablespoon grated orange rind to the cinnamon-sugar mixture for a crunchy texture or citrus flavor.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/baked-batatas-and-apples>.

My Notes

Source: Team Nutrition: Adapted from a recipe by <http://extension.umass.edu/nutrition/recipes/baked-batatas-and-apples>.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	102	Fruits 1/4 cup
Total Fat	3 g	Vegetables 1/4 cup
Saturated Fat	0 g	Red & Orange 1/4 cup
Cholesterol	N/A	
Sodium	104 mg	
Total Carbohydrate	21 g	
Dietary Fiber	2 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	N/A	
Calcium	19 mg	
Iron	0 mg	
Potassium	N/A	

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

N/A - data is not available