Peel sweet potato. Cut sweet potato and apple into ½-inch cubes. Pour sweet potato mixture into baking dish. Bake for 50 minutes. Toss with raisins, oil, orange juice, cinnamon and salt.

Don’t have sweet potatoes? Try using butternut squash.

More recipes are available at pittsburghfoodbank.org/recipecards

Pour sweet potato mixture into baking dish. Bake for 50 minutes.
Sweet Potatoes with Apples and Raisins

Preparation time: 10 minutes | Cook time: 50 minutes | Cost: $3.00

Ingredients:
• 2 cups sweet potato, peeled and chopped
• 2 cups apple, chopped
• ½ cup raisins
• 2 teaspoons oil
• 2 tablespoons orange juice
• ½ teaspoon cinnamon
• ⅛ teaspoon salt
• Non-stick cooking spray

Directions:
1. Preheat oven to 375˚.
2. Add chopped sweet potato and apple to a large mixing bowl.
3. Add raisins, oil, orange juice, cinnamon and salt to the bowl. Stir to mix.
4. Spray a baking dish with non-stick cooking spray.
5. Pour sweet potato, apple and raisin mixture into baking dish. Cover baking dish with an oven-safe lid or aluminum foil.
6. Bake for 50 minutes.

Makes 4 servings

Nutrition Facts
4 servings per container
Serving size 2/3 cup (163g)
Amount per serving
Calories 180
% Daily Value*
Total Fat 2.5g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 125mg 5%
Total Carbohydrate 39g 14%
Dietary Fiber 4g 14%
Total Sugars 25g
Includes 0g Added Sugars 0%
Protein 2g

Vitamin D 0mcg 0%
Calcium 35mg 2%
Iron 1mg 6%
Potassium 464mg 10%

*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.