

"All-Star Snack" Fruit and Vegetable Bake

Makes: 24 or 48 servings

24 Servings 48 Servings

Ingredients	Weight	Measure	Weight	Measure
Carrots, sliced		4 cups		8 cups
Sweet potatoes, sliced		2 cups		4 cups
Apples, peeled, sliced		6 cups		12 cups
Brown sugar		1/4 cup		1/2 cup
Water, divided		4 cups		8 cups

Directions

1. Bring 3/4 the amount of water to a boil. Simmer carrots and sweet potatoes until tender. Drain and cool.
2. In baking or casserole dish, alternate sweet potatoes and carrots with apples.
3. Sprinkle brown sugar on top.
4. Add remaining water. Cover and bake at 350 degrees F for 30 minutes or until apples are tender.
5. Remove cover and bake until golden brown on top.

Notes

Serving Tips:

This dish can be baked in advance and served all week for breakfast or snack.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	NA	
Total Fat	NA	
Protein	10 g	
Carbohydrates	1 g	
Dietary Fiber	NA	
Saturated Fat	23 mg	
Sodium		