

CINNAMON ORANGE SWEET SAUTÉ



INGREDIENTS:

- 3 medium sweet potatoes, peeled and diced
- 3 apples, peeled, cored, and diced
- Juice of 2 oranges
- 1 teaspoon cinnamon
- ½ cup water
- Pinch of salt

INSTRUCTIONS:

1. In a medium saucepan, add sweet potatoes, orange juice, water, and cinnamon. Bring to a boil.
2. Reduce heat, cover, and simmer for 15 minutes.
3. Add apples and continue to simmer covered until sweet potatoes and apples are soft.
4. Turn off heat and stir in a pinch of salt.
5. Eat and enjoy!

Yield: 4-6 servings

Source: Adapted from eatfresh.org

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The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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