

# 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](http://eatfresh.org)



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services

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 [www.c4yourself.com](http://www.c4yourself.com).