

Sweet Potato and Apple Stir Fry

Just Say Yes to Fruits and Vegetables

Fruits and veggies can satisfy your sweet tooth, too!



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Sweet Potato and Apple Stir Fry

Serves 9 • Serving: ½ cup



Choose a sweet apple variety, like Fuji or Gala, for best flavor.

Ingredients:

- 2 tablespoons vegetable oil
- 4 cups chopped sweet potatoes, with skins
- 1 teaspoon finely chopped ginger (optional)
- ½ cup water
- 2 cups chopped apples, with skins
- 1 teaspoon ground cinnamon

Directions:

1. Heat oil in a large pot over medium heat.
2. Add sweet potatoes, cover and cook for 4 minutes. Add ginger, if using, and cook for one more minute.
3. Add water, cover, and cook for 5-10 minutes, stirring often.
4. Add apples and cinnamon. Cook for 3-5 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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