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## Tasty Sweet Potatoes

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

**Cost per serving:** \$0.29

### What you need:

#### Utensils:

- Baking dish, 9 x 13 inch
- Knife
- Cutting board
- Measuring cups

#### Ingredients:

- non-stick cooking spray
- 5 sweet potatoes (skin left on)
- ½ cup 100% orange juice
- ¼ cup raisins

#### What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 350°F.
3. Lightly grease baking dish.
4. Wash and scrub sweet potatoes; cut into slices.
5. Evenly arrange sweet potato slices in the baking dish.
6. Pour the juice over the potatoes.
7. Sprinkle on the raisins.
8. Bake in preheated oven 45 minutes, or until the potatoes are tender.

### Nutrition Facts

Serving Size 1 cup cooked  
Servings Per Container 5

Amount Per Serving

**Calories** 140      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 70mg      **3%**

**Total Carbohydrate** 32g      **11%**

Dietary Fiber 4g      **16%**

Sugars 15g

**Protein** 2g

Vitamin A 120%      • Vitamin C 50%

Calcium 2%      • Iron 6%