

# SWEET POTATO HASSELBACK RECIPE



As autumn weather approaches, how about trying traditional Swedish Hasselback sweet potatoes? Simply peel these super food potatoes, carefully cut thin sections and leave about half an inch uncut so the vegetable can remain as one piece!

#### Ingredients:

2 jumbo sized sweet potatoes  
2 tbsp applesauce  
2 tbsp almond butter  
2 tbsp maple syrup  
1/4 cup chopped pecans (optional)  
1/4 cup dried cranberries  
1/4 cup peeled and diced apples (1/4 inch) (we recommend Fuji or Gala!)  
1/2 tsp. cinnamon  
1 pinch of salt  
Olive oil or Coconut oil

#### Directions:

Preheat oven to 400 degrees.  
Leave some of the skin at the bottom (position them horizontally), peel the middle to top areas. Use a wooden stick on each side to secure the potato and thinly cut it carefully.  
Lightly cover in olive oil or coconut oil in a baking dish or using parchment paper in a dish.  
Next, mix the rest of your ingredients and carefully insert the mix between the folds of the potato.  
Use the remaining ingredients to top off your potatoes and cover with aluminum foil.  
Bake for 40 minutes.  
Remove the foil and place the dish back into the oven for another 10-15 minutes.  
Keep an eye on your dish during this second bake to make sure the toppings are not burning.  
Leave the dish to cool for 5 minutes and serve! Serves 2-4 people.



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630-665-9665 phone | 630-665-3391 fax | [www.getfreshproduce.com](http://www.getfreshproduce.com)