

# Sweet Potatoes Roasted

Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sweet potatoes, fresh, whole OR Sweet potatoes, frozen, cut	13 lbs 10 oz OR 10 lb 15 oz				<ol style="list-style-type: none"> <li>1. If using fresh sweet potatoes, peel and then rinse the potatoes under cold running water.</li> <li>2. If using uncut sweet potatoes, cut the potatoes into ¼-inch cubes for CDCs and ½-inch cubes for school-age and older children.</li> <li>3. Place the cubes into a large mixing bowl and add canola oil. Toss until the potato cubes are evenly coated with oil.</li> <li>4. Placed potato cubes into a baking dish and roast in oven at 350°F. Roast for 32-40 minutes or until squash is tender and can be easily mashed with a fork.</li> <li>5. CCP: Cook to a temperature of 135° F or above</li> <li>6. CCP: Hold at 135° F or warmer.</li> </ol>
Canola oil		½ cup			

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## Notes:

Nutrient information calculated using Food Processor for baked, from frozen, cubed plus canola oil.

**Serving:** ½ cup provides ½ cup vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: ½ cup

## Nutrients Per Serving

<b>Calories</b>	107.8	<b>Saturated Fat</b>	0.19 g	<b>Iron</b>	0.48 mg
<b>Protein</b>	1.50 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	30.80 mg
<b>Carbohydrate</b>	20.59 g	<b>Vitamin A</b>	918.28 RAE mcg	<b>Sodium</b>	7.04 mg
<b>Total Fat</b>	2.35 g	<b>Vitamin C</b>	8.01 mg	<b>Dietary Fiber (2016)</b>	1.58 g