

Sweet Potatoes Roasted

Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Sweet potatoes, fresh, whole OR Sweet potatoes, frozen, cut	13 lbs 10 oz OR 10 lb 15 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> If using fresh potatoes, peel and cube. Cut the potatoes into ¼-inch cubes for CDCs and ½-inch cubes for school-age and older children. Place the cubes into a large mixing bowl and add canola oil. Toss until the potato cubes are evenly coated with oil. Place potato cubes into a baking dish and roast in oven at 350°F. Roast for 32-40 minutes or until sweet potato is tender and can be easily mashed with a fork. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135°F.</i></p> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F.</i></p>
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

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