

# Cinnamon Sweet Potato Sticks

Component: Vegetable

Side Dish

Recipe #KSU Developed

|                              | 50 Servings  |         | _____ Servings |         |  |
|------------------------------|--------------|---------|----------------|---------|--|
| Ingredients                  | Weight       | Measure | Weight         | Measure | Directions   |
| Sweet potatoes, fresh, whole | 13 lbs 12 oz |         |                |         | <ol style="list-style-type: none"> <li>1. Peel and rinse the potatoes under cold running water.</li> <li>2. Cut the potatoes into sticks approximately ½ x 3 inch sticks.</li> <li>3. Place the potato strips into a large mixing bowl and add canola oil. Toss until the potato sticks are evenly coated with oil.</li> <li>4. In a small bowl, mix together cinnamon, sugar, and salt.</li> <li>5. Place potatoes into a baking dish. Evenly sprinkle cinnamon mixture over the potatoes. Roast in oven at 350°F. Roast for 34-40 minutes or until potato sticks are tender and lightly browned.</li> <li>6. CCP: Hold at 135° F or warmer.</li> </ol> |
| Canola oil                   |              | ½ cup   |                |         |  |
| Sugar                        |              | 4 Tbsp  |                |         |  |
| Cinnamon                     |              | 3 Tbsp  |                |         |  |
| Salt                         |              | 1 tsp   |                |         |  |
|                              |              |         |                |         |  |

# Cinnamon Sweet Potato Sticks

Component: Vegetable

Side Dish

Recipe #KSU Developed

## Notes:

Nutrient information from Food Processor.

**Serving:** ½ cup provides ½ cooked, sliced vegetable

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes

## Nutrients Per Serving

|                     |         |                      |                |                             |          |
|---------------------|---------|----------------------|----------------|-----------------------------|----------|
| <b>Calories</b>     | 112.86  | <b>Saturated Fat</b> | 0.19 g         | <b>Iron</b>                 | 0.52 mg  |
| <b>Protein</b>      | 1.52 g  | <b>Cholesterol</b>   | 0 mg           | <b>Calcium</b>              | 35.53 mg |
| <b>Carbohydrate</b> | 21.98 g | <b>Vitamin A</b>     | 918.35 RAE mcg | <b>Sodium</b>               | 53.61 mg |
| <b>Total Fat</b>    | 2.35 g  | <b>Vitamin C</b>     | 8.03 mg        | <b>Dietary Fiber (2016)</b> | 1.83 g   |