

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"> 1. Peel and rinse the potatoes under cold running water. 2. Cut the potatoes into sticks approximately ½ x 3 inch sticks. 3. Place the potato strips into a large mixing bowl and add canola oil. Toss until the potato sticks are evenly coated with oil. 4. In a small bowl, mix together cinnamon, sugar, and salt. 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. 6. CCP: Hold at 135° F or warmer.
Canola oil		½ cup			
Sugar		4 Tbsp			
Cinnamon		3 Tbsp			
Salt		1 tsp			

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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

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