

# 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"> <li>If using fresh potatoes, peel and cube.</li> <li>Cut the potatoes into ¼-inch cubes for CDCs and ½-inch cubes for school-age and older children.</li> <li>Place the cubes into a large mixing bowl and add canola oil. Toss until the potato cubes are evenly coated with oil.</li> <li>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.</li> </ol> <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

<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