

# Cinnamon Roasted Sweetpotatoes

Meal Component(s):  
 ½ c. Red/Orange Vegetable

Recipe HACCP Process:#2 Same Day Service

Portion Size: ½ cup

Servings: 28

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Olive oil		1/2 cup	1. Combine oil, honey, salt and cinnamon in a large bowl.
Honey		1/2 cup	2. Using a whisk, mix until combined.
Table Salt		1/2 teaspoon	
Ground Cinnamon		1 teaspoon	
Sweetpotatoes, Fresh	7 pounds, 10 ounces		3. Weigh, then rinse and scrub sweetpotatoes under running water and drain well in a colander.
			4. Cut sweetpotatoes crosswise into ½ inch slices.
			5. Add sliced sweetpotato to seasoned oil and toss to coat all pieces evenly.
			6. Spray full size sheet pan with pan release.
			7. Place sweetpotato slices in a single layer directly on the sheet pan. If potatoes are overlapping, they will steam instead of roast. Use one pan for 25 servings. <b>Note: Do not use pan liners as this will inhibit browning and roasted flavor development.</b>
			8. Roast at 375°F for 35–40 minutes or until easily pierced by a fork. Potatoes should brown slightly around the edges. <i>CCP: Heat to 135° F or higher.</i>
			9. Transfer sweetpotatoes to 2 inch deep full size steamtable pan for service.
			10. Serve ½ c. using no. 8 disher or 4 oz. spoodle. Note: Tongs may be used for service to prevent damage to slices; however, a sample serving should be portioned to demonstrate the required 1/2 cup and be available for reference as needed. This recipe is best prepared for just in time service to avoid leftovers. <i>CCP: Hold for hot service at 135° F or higher.</i>

## Nutrients Per Serving

Calories 184 Total Fat 4.69g Saturated Fat .39g Protein 2.81g Carbohydrate 34.32g Sodium 97mg



Recipe created and shared by the [North Carolina Farm to School Program](http://www.ncfarmtoschool.org)