

## SWEET POTATO SPAGHETTI SAUCE

PORTIONS: 100 (1/2 cup) servings

INGREDIENT	WEIGHT	MEASURE
Fresh onions, chopped	6 pounds	-
Dried basil	-	2/3 cup
Dried oregano	-	2/3 cup
Dried marjoram flakes	-	1/2 cup
Granulated garlic	-	3 tablespoons
Salt	-	2 tablespoons
Ground black pepper	-	1 tablespoon
Vegetable oil	-	1/2 cup
Fully cooked beef crumbles	3 pounds, 2 ounces	-
Tomatoes, crushed, canned, no salt added	-	2 #10 cans
Sweet potatoes, canned, low sodium, mashed	-	1 #10 can
Water	-	1-1/4 cups
Low sodium grated parmesan cheese	3 pounds, 2 ounces	-

### DIRECTIONS:

1. In a large pot on top of the stove, sauté onions, basil, oregano, marjoram, garlic, salt and pepper in oil for 10 minutes.
2. Add beef crumbles, tomatoes, sweet potatoes and water. Simmer uncovered for 30 minutes.
3. Serve over pasta. Portion sauce with a No.8 scoop (1/2 cup). Top with 1/2 ounce grated cheese.

**Meal Pattern Components:** Meat/Meat Alternate and Red/Orange Vegetable

**Each 1/2 cup serving provides:**

- 1 oz eq Meat/Meat Alternate
- 1/2 cup Red/Orange Vegetable

**Nutrition Analysis per serving:**

158 calories

10 g protein

14 g carbohydrates

3 g dietary fiber

4 g sugar

7 g total fat

3 g sat

3 g mono

1 g poly

0 g trans fat

21 mg cholesterol

178 mg calcium

1 mg iron

174 mg potassium

201 mg sodium

2,515 IU Vitamin A

4 mg Vitamin C



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## SWEET POTATO BLUEBERRY MUFFINS

Portions: 48 servings

INGREDIENT	WEIGHT	MEASURE
Canned mashed sweet potatoes	1 pound 11 ounces	3 cups (1/4 No. 10 can)
Light brown sugar, packed	14 ounces	2 cups
Fresh eggs, large	-	6 each
Orange juice, single strength	5 ounces	2/3 cup
Vegetable oil	5 ounces	1/2 cup
Whole wheat flour	1 pound 2 ounces	1 quart
All-purpose enriched flour	9 ounces	2 cups
Baking powder	-	1 tablespoon 2 teaspoons
Cinnamon, ground	-	1 tablespoon
Salt	-	1-1/2 teaspoons
Baking soda	-	1/2 teaspoon
Blueberries, frozen, not thawed	1 pound 5 ounces	1 quart

### DIRECTIONS

1. Combine sweet potatoes, brown sugar, eggs, orange juice and oil until smooth.
2. Stir together whole wheat and all-purpose flours, baking powder, cinnamon, salt and baking soda.
3. Add to sweet potato mixture and stir just until combined.
4. Stir frozen blueberries into batter. Divide into 48 paper-lined muffin cups (2 ounces in each).
5. Bake until lightly browned:

*Conventional oven:* 350°F for 25-30 minutes

*Convection oven:* 300°F for 16-20 minutes

### Meal Pattern Components: Grains

#### 1 muffin provides:

- 1 oz eq grains

#### Nutrition Analysis per serving:

145 calories

3 g protein

27 g carbohydrates

2 g dietary fiber

11 g sugar  
3 g total fat  
    0 g sat  
    2 g mono  
    1 g poly  
    0 g trans fat  
23 mg cholesterol  
33 mg calcium  
1 mg iron  
112 mg potassium  
167 mg sodium  
1,423 IU Vitamin A  
2 mg Vitamin C



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**SLOPPY SWEET POTATOES**  
**PORTIONS: 50 (1/2 cup) servings**

<b>INGREDIENT</b>	<b>WEIGHT</b>	<b>MEASURE</b>
Fresh sweet potatoes	<b>15 pounds, 10 ounces</b>	<b>50 medium</b>
Fresh onions, chopped	<b>1-1/2 pounds</b>	<b>6 cups</b>
Fresh red bell pepper, diced	<b>1 pound</b>	<b>4 cups</b>
Vegetable oil	-	<b>1/2 cup</b>
Ground cumin	-	<b>3 tablespoons</b>
Dried oregano	-	<b>2 tablespoons</b>
Granulated garlic	-	<b>1 tablespoon</b>
Salt	-	<b>1 tablespoon</b>
Fully cooked beef crumbles	<b>3 pounds, 2 ounces</b>	-
Tomatoes, diced, no salt added	-	<b>1 #10 can</b>
Low fat yellow cheddar cheese, shredded	<b>3 pounds, 2 ounces</b>	-

**DIRECTIONS:**

1. Pierce each potato with a fork several times. Bake on a baking sheet until tender:  
*Conventional oven: 400°F for 35 to 40 minutes*  
*Convection oven: 350°F for 23 to 27 minutes*
2. In a large pan on top of stove, sauté onions and peppers in oil for 4 minutes. Add cumin, oregano, garlic and salt; sauté for 2 minutes. Add beef and tomatoes. Cover and reduce heat to low. Simmer for 20 minutes.
3. Stir half of the cheese (1-1/2 pounds) into beef mixture.
4. Slice baked sweet potatoes lengthwise just until open. Fill with beef mixture. Portion with No. 8 scoop (1/2 cup). Top each portion with 1/2 ounce cheese.

**Meal Pattern Components:** Meat/Meat Alternate and Red/Orange Vegetable

**Each 1/2 cup serving provides:**

- 2 oz eq Meat/Meat Alternate

- 3/4 cup Red/Orange Vegetable

**Nutrition Analysis per serving:**

248 calories

14 g protein

31 g carbohydrates

6 g dietary fiber

11 g sugar

7 g total fat

2 g sat

3 g mono

1 g poly

0 g trans fat

24 mg cholesterol

123 mg calcium

2 mg iron

623 mg potassium

388 mg sodium

6,973 IU Vitamin A

36 mg Vitamin C



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## CRISPY SWEET POTATO NACHOS

Portions: 48

INGREDIENT	WEIGHT	MEASURE
Frozen sweet potato fries	9 pounds, 6 ounces	-
Black beans, low sodium, canned, rinsed	-	1 #10 can
Low fat yellow cheddar cheese, shredded	3 pounds, 2 ounces	-
Salsa	-	1 #10 can

### DIRECTIONS

1. Lay sweet potatoes on four (12 x 20 x 2-1/2 - inch) baking pans. Bake until crisp, stirring once.  
*Conventional oven: 425°F for 30 to 40 minutes*  
*Convection oven: 375°F for 20 to 27 minutes*
2. Remove from oven. Top with beans and cheese. Bake 3 to 5 minutes.
3. Portion salsa into 2 ounce cups. To portion nacho fries, cut each pan into 12 portions. Serve with spatula.

**Note:** Prepare chips ahead, but top with beans and cheese 5 minutes prior to service.

**Meal Pattern Components:** Meat/Meat Alternate OR Legume and Red/Orange Vegetable

### One serving provides:

- 1.5 oz eq Meat/Meat Alternate OR 1/4 C legume AND 0.5 oz eq Meat/Meat Alternate (Legume can be counted as either a meat alternate or as a legume vegetable, but not as both in the same meal)
- 1/4 C Red/Orange Vegetable

### Nutrition Analysis per serving:

268 calories  
11 g protein  
38 g carbohydrates  
7 g dietary fiber  
8 g total sugars  
8 g total fat  
    2 g sat  
    0 g mono

0 g poly  
0 g trans fat  
5 mg cholesterol  
126 mg calcium  
1 mg iron  
451 mg potassium  
752 mg sodium  
3,925 IU Vitamin A  
3 mg Vitamin C



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