

Crunchy Baked Sweetpotatoes

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

Recipe HACCP Process: #2 Same Day Service

Portion Size: ½ cup (½ sweetpotato)

Servings: 48

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Sweetpotatoes, Fresh	6 pounds, 12 ounces	12 each	1. Line full size sheet pans with parchment paper. 2. Using a vegetable brush, scrub sweetpotatoes under running water to remove debris. 3. Using a chef's knife, cut sweetpotatoes in half lengthwise. 4. Place 24 halves (4 X 6) on each lined pan.
Oats, Rolled Brown Sugar Vegetable Oil		3 cups 2 cups, packed 2/3 cup	5. Bake sweetpotato halves at 350°F for approximately 25 to 30 minutes or until easily pierced with a fork. <i>CCP: Heat to 135°F or higher.</i> 6. While sweetpotatoes are cooking, combine oats, brown sugar and vegetable oil to make a crumbly topping.
			7. Remove sweetpotatoes from the oven at the end of cooking. 8. Using a no. 70 disher, top each sweetpotato half with the crunchy topping. Use a gloved hand to pat down the topping. 9. Return sweetpotatoes to the oven and bake for 5 minutes to brown the topping 10. Serve 1 sweetpotato half using tongs. <i>CCP: Hold for hot service at 135° F or higher</i>

Nutrients Per Serving

Calories 183 Total Fat 3.51g Saturated Fat .59g Protein 3.10g Carbohydrate 35.50g Sodium 44mg



Recipe created and shared by the [North Carolina Farm to School Program](#)