

Sweetpotato Boat

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

Recipe HACCP Process: #2 Same Day Service

Portion Size: ½ cup (½ sweetpotato)

Servings: 24

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Sweetpotatoes, fresh AP, 8 to 10 oz		12 each	1. Preheat convection oven to 350°F. 2. Using a vegetable brush, scrub sweetpotatoes under running water to remove dirt and debris. 3. Cut sweetpotatoes in half lengthwise. Spray full size sheet pans with pan release and place sweetpotato halves on pan flesh side up (skin side down). (Note: Halves should touch each other, with no space in between.)
Lime (or lemon) juice		3 Tablespoons	4. In a small bowl, whisk together lime (or lemon) juice and oil.
Vegetable oil		3 Tablespoons	5. Using a pastry brush, evenly coat the top of each sweetpotato.
Brown sugar		3 Tablespoons	6. In a bowl, combine brown sugar, chili powder, cinnamon, and salt.
Chili powder		1 ½ teaspoons	7. Sprinkle approximately ½ teaspoon of seasoning over each potato. If desired, additional seasoning may be added.
Cinnamon		1 ½ teaspoons	8. Roast at 350°F for 25–30 minutes or until easily pierced with a fork. <i>CCP: Cook to internal temperature of 135°F or higher.</i>
Salt		½ teaspoon	9. Transfer sweetpotato halves to 2-inch full size steamtable pans. 10. <i>CCP: Hold and serve at 135°F or above.</i> 11. Serve 1 sweetpotato half using tongs.

Nutrients Per Serving

Calories 130 Total Fat 1.77g Saturated Fat .25g Protein 2.03g Carbohydrate 27.09g Sodium 99mg



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