

Sweet Tater Taco

Meal Component(s):
2 oz. Meat/Meat Alternates; 1 c Red/Orange Vegetable

Recipe HACCP Process: : #2 Same Day Service

Portion Size: 1 Sweetpotato

Servings: 25

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Sweetpotatoes, 8-10 oz ea.		25 each	<ol style="list-style-type: none"> Using a vegetable brush, lightly scrub sweetpotatoes under running water to remove dirt and debris. Line full size sheet pan with parchment paper. Place 25 sweetpotatoes on each pan. Bake at 350°F for 35 to 40 minutes until fork tender.
Cheese, cheddar, reduced fat, shredded	6 ounces		<ol style="list-style-type: none"> CCP: No bare hand contact with ready to eat food. Weigh and combine cheeses. CCP: Hold and serve at 41°F.
Cheese, mozzarella, shredded	7 ounces		<ol style="list-style-type: none"> Cut slit in top of sweetpotatoes and place in 2-inch steamtable pan. CCP: Hold and serve at 135°F or above.
	3 pounds, 2 ounces		
Onions, small dice			<ol style="list-style-type: none"> For Service: Top each sweetpotato with 2 ounces of taco meat using number 12 disher, and approximately ½ ounce of cheese blend using a number 30 disher. Note: If using prepared taco meat, serve using the manufacturer's required portioning tool for 2 ounce meat/meat alternate.

Nutrients Per Serving

Calories 344 Total Fat 16.74g Saturated Fat 8.32g Protein 17.9g Carbohydrate 27.87g Sodium 267.16mg



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