

QUICK BAKED POTATO (FRESH)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ potato**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potato, Whole, Baking, Fresh, 70 Count, #4106	50 medium potatoes
Oil, Vegetable, #2507	1/2 cups
Salt, Seasoned, #2724	1/4 cups

DIRECTIONS

1. Wash potatoes and scrub them thoroughly under cool, running water with a vegetable brush. Then cut them in half lengthwise, with the skin on.
2. Spread 2 tablespoons (1 ounce) of oil in each steamtable pan.
Place potato halves in each pan, cut-side down, to lightly coat the potato surface with oil. Then turn the cut-side up.
3. Sprinkle the seasoned salt over the potatoes.
Turn the potatoes cut-side down for browning.
4. To bake:
 - Conventional oven: 450 degrees F for 25 to 30 minutes.
 - Convection oven: 425 degrees F for 20 to 25 minutes.
 Bake until the surface is golden-brown.
 CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Remove the potatoes from the oven. Serve them immediately, or cover them and place them in a warmer until ready for service.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
6. Portion 1 potato half per serving. Each portion provides ½ cup of starchy vegetable.
 CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 4 hours.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

Calories	150	Dietary Fiber	3.29 g	Sodium	183.00 mg	Sat. Fat	0.17 g
Carbohydrates	31.62 g	Protein	3.74 g	Total Fat	1.28 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF QUICK BAKED POTATO (FRESH)

1.



Cutting potatoes in half lengthwise

2.



Potatoes sprinkled with seasoned salt

3.



1 serving of Quick Baked Potatoes