

SWEET POTATO FRIES (BAKED)



VEGETABLES (RED/ORANGE)

MEAL COMPONENT CONTRIBUTION:

½ cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Sweet Potatoes, Criss Cut Fries, Frozen, #1626	18 pounds + 8 ounces

DIRECTIONS

- Place the frozen potatoes in a single layer on sheet pans lined with pan liner or sprayed with pan release spray. Do not pan more fries than you can serve quickly. This product may become soggy. Batch cook to maintain quality.
- Bake the fries according to oven (combi or convection) and package or case directions.
 CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Use a spatula to remove the fries from sheet pans, and place them into half-sized steamtable pans.
- Serve the sweet potato fries immediately. If that is not an option, place them under a heat lamp to keep potatoes crisp. The sweet potato fries may also be covered with aluminum foil and placed in the warmer. Cut holes in the aluminum foil to allow the steam to escape.
 CCP: Cover and hold for service at 135 degrees F or higher. Check the temperature every 30 minutes.
- Measure a ½ cup serving to determine how many sweet potato fries to serve. Portion each ½ cup serving with a spoon or tongs. Each portion provides ½ cup of red/orange vegetable.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

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	141	Dietary Fiber	2.02 g	Sodium	171.74 mg	Sat. Fat	1.01 g
Carbohydrates	18.18 g	Protein	1.00 g	Total Fat	7.07 g	Trans Fat	0.00 g