

# SOUTHWEST MASHED SWEET POTATOES


**MEAL COMPONENT CONTRIBUTION:**

½ cup of red/orange vegetable

**NUMBER OF PORTIONS:** 35 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 35 SERVINGS)
Sweet Potatoes, Frozen, Mashed, USDA	10 pound(s)
Sugar, Brown, #2024	3/4 cup(s) , packed
Spice Blend MS, Southwest, No Salt, #2735	1 1/2 tablespoon(s)
Onion Powder, #2714	1/2 teaspoon(s)
Garlic Powder, #2709	1/4 teaspoon(s)

**DIRECTIONS**

1. Thaw sweet potatoes in refrigerator overnight.
2. Place sweet potatoes in large mixing bowl and add other ingredients. Mix until all ingredients are incorporated.
3. Spray 4 inch steamtable pan with vegetable spray and add sweet potato mixture.
4. Bake at 350 degrees F for 25 to 35 minutes or until top is lightly browned.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Portion with a #8 scoop per serving. 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. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**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	148	Dietary Fiber	2.33 g	Sodium	11.47 mg	Sat. Fat	0.03 g
Carbohydrates	34.99 g	Protein	2.23 g	Total Fat	0.15 g	Trans Fat	0.00 g