

BAKED SWEET POTATO WITH MARGARINE



MEAL COMPONENT CONTRIBUTION:

½ cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 sweet potato

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Sweet Potato, Raw	100 large , (5" long)
Margarine, PC, #1320	100 PC pack(s)

DIRECTIONS

1. Wash potatoes thoroughly. Scrub with vegetable brush.
2. To bake potatoes:
 To steam:
 - Place in perforated baking pans and steam approximately 1 hour and 15 minutes or until done.
 To bake:
 - Place on sheet pan and cover tightly with aluminum foil and bake at 400 degrees F for 1 hour and 30 minutes.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
3. Serve immediately or cover and place in warmer until ready for service.
 Portion 1 sweet potato and 1 margarine packet per serving. Each portion provides ½ cup 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	132	Dietary Fiber	3.90 g	Sodium	101.50 mg	Sat. Fat	0.02 g
Carbohydrates	26.16 g	Protein	2.04 g	Total Fat	2.07 g	Trans Fat	0.00 g