

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)
Potato, Sweet, Raw, #4107	100 sweet potatoes , (5" long)
Margarine, PC, #1320	100 PC packs
Pan Release Spray, Vegetable Oil, #2514	20 second spray

DIRECTIONS

- Use a vegetable brush to scrub the potatoes under cool, running water. Drain the potatoes thoroughly.
- Baking instructions:
To Steam:
 - Place in perforated baking pans and steam until done, 1 hour and 15 minutes or until done.
 - Transfer to solid steamtable pans for service.
 To Bake:
 - Spray sheet pans with pan release spray or line with paper liners.
 - Place potatoes on sheet pan and cover tightly with aluminum foil.
 - Bake the potatoes at 400 degrees for 1 hour and 30 minutes.
 - Transfer to solid steamtable pans for service.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
- 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 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	132	Dietary Fiber	3.90 g	Sodium	102.00 mg	Sat. Fat	0.02 g
Carbohydrates	26.16 g	Protein	2.04 g	Total Fat	2.07 g	Trans Fat	0.00 g