



Sweet Potato Hummus

Featured Item: Sweet Potatoes
Serving Size: 1/4 cup • Yield 50

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.25 Cups of Beans/Peas

INGREDIENTS

4 1/2	Sweet Potatoes, LOCAL	1/4 cup	Lemon Juice
1/4 cup	Extra Virgin Olive Oil	1/4 cup	Maple Syrup
1 tablespoon	Cinnamon	1/4 cup	Vanilla Extract
1 1/4 tablespoon	Kosher Salt	3/4 cup	Cinnamon Maple Sprinkles
1 #10 can	Garbanzo Beans	1/3 cup	Coconut Milk



DIRECTIONS

1. Preheat oven to 350°F.
2. Scrub and wash sweet potatoes. Peel and dice into cubes. Place on a baking sheet and toss with half of the ground cinnamon. Roast for 30 minutes or until tender. Cool.
3. Drain beans.
4. Mix beans with roasted sweet potatoes in food processor.
5. Add vanilla, lemon juice, maple syrup, rest of olive oil and cinnamon, and blend. Add coconut milk and blend until creamy.
6. Serve 1/4 cup and sprinkle top with 1/2 teaspoon of maple sprinkles. Pairs well with apple slices.

NUTRITION FACTS

Calories: 67
Total Fat: 2g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 112mg
Total Carbohydrate: 12g
 Dietary Fiber: 2g
 Total Sugars: 5g
Protein: 2g

Child nutrition crediting and nutrition facts may vary based on specific products used.



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Mashed Sweet Potatoes

Featured Item: Sweet Potatoes
Serving Size: 1/2 cup • Yield 50

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
0.5 cups Red/Orange

INGREDIENTS

- 18 pounds** Sweet Potatoes, LOCAL
- 4 ounces** Butter, unsalted
- 1 cup** Brown Sugar
- 1 1/2 teaspoons** Kosher Salt



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash sweet potatoes and remove excess dirt.
3. Place sweet potatoes into hotel pan and cover them with aluminum foil.
4. Bake for 1 1/2 to 2 hours or until a fork slides easily into the potato.
5. When potatoes are cool enough to handle, slice the potatoes in half and scoop the inside portion of the sweet potato from the skin into a steamtable pan. Discard skins.
6. To the sweet potatoes, add butter, brown sugar, and salt. Mash all together with masher or immersion blender until smooth.
7. Serve immediately.

NUTRITION FACTS

Calories: 141
Total Fat: 2g
 Saturated Fat: 1g
 Trans Fat: 0g
Cholesterol: 5mg
Sodium: 124mg
Total Carbohydrate: 30g
 Dietary Fiber: 4g
 Total Sugars: 9g
Protein: 2g

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Roasted Vegetable Medley Protein Bowl

Featured Item: Sweet Potatoes

Serving Size: 1 bowl • Yield 25

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.125 cups of Dark Green

0.25 cups of Other

0.125 cups of Red/Orange

2 ounces of Meat/Meat Alternate

INGREDIENTS

Medley

- 25** Eggs, Hard Boiled
- 2 cups** Red Onion, sliced
- 1 1/2 quarts** Sweet Potato, LOCAL, cubed
- 1 3/4 quarts** Cauliflower Florets
- 1 3/4 quarts** Kale, chopped
- 1/4 cup** Extra Virgin Olive Oil
- 1 1/2 tbsp** Chili Powder
- 2/3 teaspoon** Salt
- 1 1/4 teaspoons** Black Pepper

Hummus

- 1/4** Garbanzo Beans, #10 can
- 1/4 pouch** Bush's Hummus Made Easy



DIRECTIONS - HUMMUS

1. Drain beans.
2. Combine beans and mix into a bowl.
3. Blend together until desired consistency.

DIRECTIONS - MEDLEY

1. Onions should be cut into small chunks. Sweet potatoes should be scrubbed, peeled, and cubed. Cauliflower should be in florets. Kale should be chopped with the stems removed.
2. Preheat oven to 350 degrees. Toss sweet potatoes, onions, and cauliflower with olive oil, chili powder, salt, and pepper. Spread vegetables onto a rimmed baking sheet. Roast in the oven for 20-30 minutes or until potatoes are just tender and vegetables are slightly browned. Add kale to the baking sheet and cook another 10 minutes.
3. To serve: In a bowl, place 1/2 cup of vegetables with 1 hard boiled egg (cut in half) and 1 tablespoon hummus. Suggest serving with pita bread or chips.

NUTRITION FACTS

Calories: 182
Total Fat: 11g
 Saturated Fat: 3g
 Trans Fat: 0g
Cholesterol: 210mg
Sodium: 239mg
Total Carbohydrate: 11g
 Dietary Fiber: 2.5g
 Total Sugars: 4g
Protein: 9g

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