

Sweet Potato Hummus

Featured Item: Sweet Potatoes
Serving Size: 1/3cup • Yield 40

HACCP Process #2:
Same day service

CACFP Credit:
0.25 Cups of Beans/Peas

INGREDIENTS

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



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 1/3 cup and sprinkle top with 1/2 teaspoon of maple sprinkles. Pairs well with apple slices, graham crackers, and veggies.

NUTRITION FACTS

Calories: 63
Total Fat: 2gm
 Saturated Fat: 0.2gm
 Trans Fat: 0gm
Cholesterol: 0mg
Sodium: 85mg
Total Carbohydrate: 11g
 Dietary Fiber: 2g
 Total Sugars: 5g
Protein: 2g

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



Scan the code to learn more about Harvest of the Month.

Roasted Vegetable Medley Bowl

Featured Item: Sweet Potatoes
Serving Size: 0.25 cup • Yield 40

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

INGREDIENTS

Medley

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



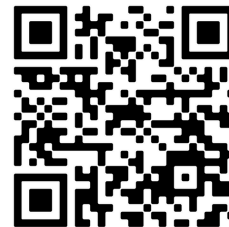
DIRECTIONS

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.

NUTRITION FACTS

Calories: 31
Total Fat: 2g
 Saturated Fat: 0.2g
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 53mg
Total Carbohydrate: 4g
 Dietary Fiber: 1g
 Total Sugars: 1g
Protein: 1g

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: 0.25 cup • Yield 50

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
0.25 Cups of Red/Orange

INGREDIENTS

9 pounds 3 ounces Sweet Potatoes, LOCAL
1 cup Butter, unsalted
1 cup Brown Sugar (packed)
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 hour 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: 116
Total Fat: 4g
Saturated Fat: 2g
Trans Fat: 0 g
Cholesterol: 10mg
Sodium: 255mg
Total Carbohydrate: 20g
Dietary Fiber: 3g
Total Sugars: 7g
Protein: 1g

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Mashed Sweet Potatoes

Featured Item: Sweet Potatoes
 Serving Size: 0.25 cup • Yield 50

HACCP Process #2:
 Same Day Service

Child Nutrition Credit:
 0.25 Cups of Red/Orange

INGREDIENTS

1 pound	Sweet Potatoes, LOCAL
1 tablespoon, 1 ½ teaspoon	Butter, unsalted
1 tablespoon, 1 ½ teaspoon	Brown Sugar (packed)
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 hour 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: 100
Total Fat: 3g
 Saturated Fat: 2g
 Trans Fat: 0 g
Cholesterol: 8mg
Sodium: 235mg
Total Carbohydrate: 18g
 Dietary Fiber: 2g
 Total Sugars: 6g
Protein: 1g



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Roasted Vegetable Medley Bowl

Featured Item: Sweet Potatoes
Serving Size: 0.25 cup • Yield 10

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.125 Cups of Dark Green
0.125 Cups of Red/Orange
0.25 Cups of Other

INGREDIENTS

Medley

1/3 cups Red Onion, sliced
¾ cup Sweet Potato, LOCAL, cubed
1 1/4 cup Cauliflower Florets
1 1/4 cup Kale, chopped
1 tablespoon Extra Virgin Olive Oil
7/8 teaspoon Chili Powder
1/8 teaspoon Salt
1/4 teaspoons Black Pepper



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.

NUTRITION FACTS

Calories: 31
Total Fat: 1.5g
Saturated Fat: 0.2g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 53mg
Total Carbohydrate: 4g
Dietary Fiber: 1g
Total Sugars: 1g
Protein: 1g

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Sweet Potato Hummus

Featured Item: Sweet Potatoes

Serving Size: 1/3 cup • Yield 6

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.25 Cups of Beans/Peas

INGREDIENTS

2 ½ ounces	Sweet Potatoes, LOCAL	2 ½ teaspoons	Coconut Milk
2 teaspoons	Extra Virgin Olive Oil		
1/2 teaspoon	Cinnamon		
1 1/4 tablespoon	Kosher Salt		
1 ¾ cup	Garbanzo Beans		
teaspoons	Lemon Juice		
2 teaspoons	Maple Syrup		
2 teaspoons	Vanilla Extract		
1 tablespoon	Cinnamon Maple Sprinkles		



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 1/3 cup and sprinkle top with 1/2 teaspoon of maple sprinkles. Pairs well with apple slices, graham crackers, and veggies.

NUTRITION FACTS

Calories: 81
Total Fat: 2gm
 Saturated Fat: 0.2gm
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 168mg
Total Carbohydrate: 14gm
 Dietary Fiber: 3gm
 Total Sugars: 5gm
Protein: 3gm

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