

Orange Glazed Sweet Potatoes

Roasted fresh sweet potatoes glazed with orange juice and fall spices and garnished with dried cranberries.

CACFP Crediting Information:

½ cup provides ½ cup total vegetable (½ cup red/orange vegetable).



Preparation Time: 15 minutes

Cooking Time: 10 minutes

Makes: 6 servings

Ingredients

- ½ cup 2 Tbsp water, divided
- ½ cup orange juice
- 1 Tbsp margarine, trans fat-free
- 2 oz sugar, light brown, packed
- 1 tsp ground ginger
- 1 tsp cinnamon, ground
- 1 tsp nutmeg, ground
- ½ tsp vanilla extract
- 1 lb 12 oz sweet potatoes or 2 qt 3 cup sweet potatoes, fresh, peeled, ½ inch dice
- 1 Tbsp cornstarch
- ¼ cup dried cranberries

NUTRITION INFORMATION

For a rounded 4 oz spoodle

NUTRIENTS	AMOUNT
Calories	199
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 g
Sodium	55 mg
Total Carbohydrate	45 g
Dietary Fiber	2 g
Total Sugars	19 g
Added Sugars	N/A
Protein	2 g
Vitamin A	20955 IU
Vitamin C	27 mg
Calcium	52 mg
Iron	1 mg

N/A=no information available

Directions

- Heat ½ cup of the water, orange juice, margarine, brown sugar, ginger, cinnamon, nutmeg, and vanilla in a medium saucepan uncovered over medium heat. Stir until sugar dissolves, about 2 minutes.
- In a large stock pot combine the orange glaze with sweet potatoes. Bring to a rapid bowl over medium-high heat. Reduce heat to a simmer. Continue simmering for 6 minutes or until potatoes are tender.
- In a small bowl, add cornstarch to the reserved water (2 Tbsp) and stir well to combine.
- Add cornstarch mixture to potatoes. Stir quickly. Continue to cook uncovered for 2 minutes or until sauce thickens and glazes the potatoes.

Critical Control Point:

Heat to 140 °F or higher for at least 15 seconds.

- Place glazed sweet potatoes in a medium (8" x 8" x 2") serving dish. Sprinkle cranberries over sweet potatoes.
- Critical Control Point:**
Hold at 140 °F or higher until served.
- Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Source:

USDA Standardization Recipe Project - 2024