



Roasted Sweet Potato Hash

Sweet potatoes are more than a tasty supper side dish. This easy-to-make dish goes well with grains or meats/meat alternates at breakfast.

Ages: 3–18 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 20 minutes

the INGREDIENTS

Nonstick cooking spray

1 tsp cinnamon, ground

2 tsp canola oil

2 Tbsp orange juice, 100%

¼ tsp salt, table

4 cups (1 lb 5¼ oz) sweet potatoes, fresh, peeled, ½" cubed (gently wash sweet potatoes under running water before cutting/peeling)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine cinnamon, oil, orange juice, and salt. Whisk to mix.
4. Add sweet potatoes to cinnamon-orange mixture. Toss to combine.
5. Spray a baking sheet with nonstick cooking spray and place sweet potatoes in a single layer (uncrowded) on a baking sheet.
6. Roast for 20 minutes. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from the oven and let rest for 2–3 minutes.
8. Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher.





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NUTRITION INFORMATION

½ cup Roasted Sweet Potato Hash

Nutrients	Amount
Calories	124
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Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	128 mg
Total Carbohydrate	26 g
Dietary Fiber	4 g
Total Sugars	9 g
Includes Added Sugars	N/A
Protein	2 g
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Vitamin D	N/A
Calcium	5 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

½ cup vegetable

