



# 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  
**PREP TIME:** 1 hour  
**COOK TIME:** 20 minutes

**CACFP CREDITING INFORMATION**  
 ½ cup vegetable

**SOURCE**  
 Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> <li>2 Preheat oven to 400 °F.</li> </ol>
Nonstick cooking spray		1 spray		2 sprays	
Cinnamon, ground		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	<ol style="list-style-type: none"> <li>3 In a small bowl, combine cinnamon, oil, orange juice, and salt. Whisk to mix.</li> </ol>
Canola oil		3 Tbsp		¼ cup + 2 Tbsp	
Orange juice, 100%		½ cup		1 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt, table		1 tsp		2 tsp	
Sweet potatoes, fresh, peeled, ½" cubed* (wash sweet potatoes gently under running water before cutting/peeling)	5 lb 8 oz	1 gal + 2¾ cups	11 lb	2 gal + 1 qt + 1½ cups	<p><b>4</b> Add sweet potatoes to cinnamon-orange mixture. Toss to combine.</p>
					<p><b>5</b> Spray sheet pans (18" x 26" x 1") with nonstick cooking spray. Place sweet potatoes in a single layer (uncrowded) on a sheet pan.  <b>For 25 servings</b>, use 1 pan.  <b>For 50 servings</b>, use 2 pans.</p>
					<p><b>6</b> Roast for 20 minutes. Heat to 140 °F or higher for at least 15 seconds.</p>
					<p><b>7</b> Remove from the oven and let rest for 2–3 minutes.</p>
					<p><b>8</b> Serve ½ cup (#8 scoop). Serve immediately, or keep warm at 140 °F or higher.</p>

\*See Marketing Guide



**NUTRITION INFORMATION**

½ cup Roasted Sweet Potato Hash

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

N/A = Data not available

**NOTES**

- **Choking Risk:** Cubed sweet potatoes can be a choking for children under the age of 4. If serving to children under the age of 4, dice (¼") sweet potatoes.

**YIELD/VOLUME**

25 Servings	50 Servings
Weight: 4 lb	Weight: 8 lb 2 oz
Yield: 1 qt ½ cup	Yield: 1 gal 1 qt 1 cup

**\*MARKETING GUIDE**

Food as Purchased for:	25 Servings	50 Servings
Sweet potatoes, fresh	6 lb 4 oz	12 lb 8 oz

